



FamilyMeans
CENTER FOR GRIEF & LOSS

Yoga & Grief Workshop

Tuesday, February 18
6:00pm – 8:00pm

The Center for Grief & Loss
1129 Grand Ave, St. Paul

\$30 per person

**Talk with Stacy if unable to pay*

Traumatic loss impacts us in so many ways.
We feel the loss in our body, our mind, and our heart.
Yoga can aid in easing some of the symptoms of grief
by helping to unite the body, breath, and heart.

Join us for our Yoga & Grief workshop.

We will share information about yoga; including how and why it can help ease grief.
We will then apply this information with a gentle yoga practice,
led by Dallas Rising, a registered yoga teacher.

Contact Stacy at 651-641-0177 to register!

*Please note that there must be a minimum of five participants for this class to occur.
If we do not get sufficient numbers, the class will be cancelled or postponed.*