



# Yoga for Living with Loss

*A Meditation for Exploring Grief, Sleep, and the Chakras*

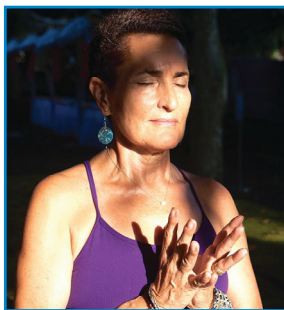
**A free one-time workshop**

**Monday, November 14**

**6:00 – 7:00 p.m.**

**Virtual via Zoom**

When we focus on how we are meeting our grief physically, emotionally, and spiritually, we can explore how to diminish our stress, restlessness, and fatigue. Sleep can be elusive in our grief. This class will offer tips for meeting the many challenges on the grieving journey through meditation, breath, and gentle movement.



Sheena Nancy Sarles is a life-long student of well being in body, mind, and spirit. Through her own losses and study of yoga, she created Yoga for Living with Loss™ workshops, classes, and video series. She is the founder of Growing Younger Gracefully™ workshops and creator of Growing Younger Gracefully Organic Serums™. She is a certified Yoga instructor, a Holistic Life Coach, and a Reiki practitioner. Sheena has curated her studies and practice of well-being in her book, “*Growing Younger Gracefully: Your Guide to Aging with Vitality, Resilience, and Pizzazz*” and will soon release her book, *Yoga for Living with Loss, A Guide to Meeting Grief Through Breath, Gentle Yoga and the Chakras.* More information at [www.yogaforlivingwithloss.com](http://www.yogaforlivingwithloss.com)

**To register, please contact  
the Bertolon Center for Grief & Healing at 855-774-5100  
or email [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org)**