



Yoga for Living with Loss

with certified Yoga Instructor Nancy Sheena Sarles

Tuesdays

January 7 – February 25

No sessions on January 21 and 28.

6:00 – 7:00 p.m.

*Bertolon Center for Grief & Healing
78 Liberty Street, Danvers*

Cost is \$10 for drop-in

Yoga for Living with Loss is a 60-minute yoga class that supports grieving as an ongoing process. This gentle yoga class provides the support for body, mind, and spirit in navigating how we live from moment to moment, day to day, with our deep losses. Grief happens as much in our bodies as in our hearts and minds. As we breathe with mindfulness, as we move with awareness, as we stay connected to the present, we can learn how to cherish our memories, acknowledge our pain, and release grief that can stay trapped in our physical bodies. Yoga for Living with Loss connects us to our bodies so that we can maintain our well-being as we continue to live, and even thrive, while embracing our losses without getting lost. Open to anyone in the community who has experienced the death of someone close.



Nancy Sheena Sarles is a certified Yoga Instructor, Holistic Health Coach, founder of Growing Younger Gracefully™ www.GrowingYoungerGracefully.com, and a Reiki Therapy Practitioner. As a life-long student of well-being and aging, when she experienced her own deep losses of loved ones, she found that her gentle yoga practice provided on-going support. She believes that well-being in body, mind, and spirit is a practice that can nourish our resilience as we meet life challenges and transitions.

**For more information, please contact
the Bertolon Center for Grief & Healing at 855-774-5100
or email Grief@CareDimensions.org**