

Yoga for Living with Loss

Yoga for Living with Loss is no-fee class for those on the grieving path every Tuesday from 6 to 7 p.m. on Zoom.

Each Yoga for Living with Loss session will guide you through breath, gentle yoga, chakra exploration, meditation and more to investigate your journey of grief physically, emotionally, and spiritually. Through a variety of practices, we can come to a deeper understanding of how our bodies react to grief and navigate our losses without getting lost.

For Zoom link, email SheenaSpirit@gmail.com or visit <https://www.growingyoungergracefully.com/yoga-for-living-with-loss> for more information.