

In-Studio Workshop: Creating Space for Mourning
Find Grief Support with Yoga, Breathwork & Movement
Tuesday, Feb. 21st 6-8 PM or Saturday, Feb. 25th 1-3 PM



Those in mourning are offered a time to gather, with the support of tools to help navigate their grief. You will be invited to:

- **Participate** in movement and breath practice to create space in our bodies
- **Experience** education about grief “work”
- **Develop** language that helps us understand grief to encourage space in our minds for our need to mourn
- **Build** practices to support mourners at home

Who should attend?

- Anyone who is in mourning is invited to find support and gather with others to navigate their grief. No prior experience with yoga is necessary.

What should I bring?

- We welcome you to bring your own yoga mat, a journal, water or something to drink, wear comfortable clothing and an item that represents the loss you are experiencing.
- There are yoga mats and other yoga props available to use at the studio. There are fitting rooms available to change into comfortable clothing.

Workshops are LIMITED to 8 spots per session. Pre-registration required to attend.



Mary Kluz,
RYT-200, BS, MS

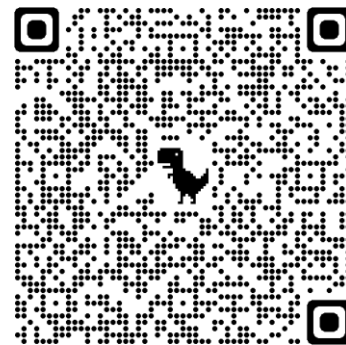


Amy Kitsemel,
MEd, FT, & CSW

More Details & Register Here:
www.5koshasyoga.com/events

Easy Way to Register:

- 1) Put phone camera up to the QR Code below



- 2) A link will appear on your phone screen. Tap on the link.
- 3) You will be directed to the registration links!

FEE: These workshops are **free** to attend. **Optional Free-Will Donations** are being accepted for the **Aspirus Comfort Care and Hospice Services.**

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com