



## Grief support through Yoga Workshops

Yoga for grief support combines the ancient practice of yoga with a model of bereavement support, which “companions” the bereaved through their journey. Yoga for grief support creates a safe and sacred space to begin to process and explore sensations, thoughts, and emotions in both the mind and body. The physical postures of hatha yoga (asana) will be taught to nature the heart and relieve the physical manifestations of grief. Users will be guided through breathing techniques (pranayama) to enhance the mind-body Connection, and to induce a calm state of mind. Guided meditation and relation will be used to encourage students to journey and explore their grief in a supportive environment. Users will be taught empowering techniques to cope with their Grief, find compassion for their journey and honour their loss.

Yoga for grief support is a class designed for individuals grieving the death of a loved one. Yoga for Grief support is appropriate for all levels of yoga practitioners – no prior experience necessary. Modifications and adaptations will be provided to those individuals with injuries or health concerns.

These workshops are open to service users receiving counselling and /or those individuals with annual membership of the **Drop-In Bereavement Centre**. If you would like to register your interest in participating in a future programme of workshops please contact us and leave your name and telephone number / email.



The Drop-In Bereavement Centre, 187 Grange Road, Plaistow, London E13 0HA

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