

Grief is not something that needs fixing, like back pain or stress. Grief doesn't need fixing. Grief needs welcoming.

Yoga invites grief to take up space. To surge. To recede. To flow. To be.

Through the doorway of the body we approach grief with the utmost respect, as one would approach the ocean. It's powerful. It can paralyze us. It can scare us.

And it can hold us.

While grief initially often takes an mind-to-body path, through yoga we take the body-to-mind path, practicing finding resources in our bodies to anchor our attention to so we can move and be moved without fear of becoming overwhelmed with sensation or emotion.

Through movement, yoga postures and stillness practices we visit the same places in the body grief visits, sometimes countering the effects of grief, sometimes sitting with the effects of grief. The intention is not to fix, but to create space and awareness for grief to move in and to move out. To find the pockets of love hiding behind the hurt. To nurture a harmonious sense of being.

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This course includes:

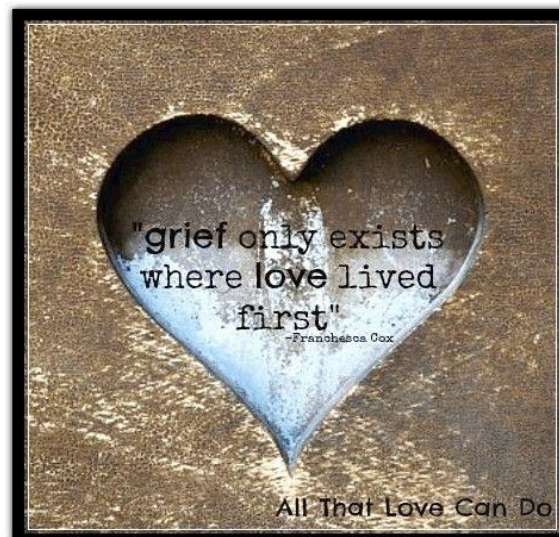
- Breath Practices (Pranayama)
- Guided Meditation & Visualizations.
- Yoga Nidra - Relaxation
- Yoga postures - Still and flowing.

## Yoga for Bereavement

Every Tuesday - Time: 11am to 12 noon

Starts Tuesday 26<sup>th</sup> September 2017

St Marks Church & Community Centre, 218 Tollgate Road, E6 5YA.



QuotesBlog.net

This 10 week yoga course is part of the Well-Being Programme run by the Drop-In Bereavement Centre for the **over 50/60's** and is a **free** class for the local community residing in Beckton, Custom House, Freemasons, Silvertown and the Royal Docks, as well as Plaistow, Stratford, East Ham and Forest Gate. For anyone who is currently overcoming grief or has experienced loss/grief in the past. This Project is supported by the Royal Docks Trust (London), The Postcode Community Trust & Awards For All - The Big Lottery Fund. To join this free Yoga Course and to book your space call:

**The Drop-In Bereavement Centre - Tel No: 0207 511 6444**

**Email:** [dropinbereavementcentre@btinternet.com](mailto:dropinbereavementcentre@btinternet.com)

**Web:** [www.dropinbereavementcentre.btck.co.uk](http://www.dropinbereavementcentre.btck.co.uk)

Or Karen Truman –Yoga Tutor: Mobile: 07956 808 007

**People with disabilities or special needs must inform Centre of any requirements.**



**THE DROP - IN**  
Bereavement Centre

Registered charity number. 1161526



**LOTTERY FUNDED**