

LOSS, SADNESS & GRIEF



BY LOOKING DEEPLY INTO GRIEF YOU
MAY FIND LIFE CHANGING WISDOM

FIVE PRECIOUS GATHERINGS FOR WOMEN AFTER LOSS OF THEIR PARTNER

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FOR EVERY WOMAN AFTER THE SECOND YEAR OF GRIEF

Based on awareness and (self-)compassion. A private interview will be scheduled before the start

- SESSION 1. UNWINDING THE TENSE BODY; INVITATION INTO RELAXATION
- SESSION 2. EXAMINE THE BRAIN AND OPENING TO HAPPINESS
- SESSION 3. EXPLORING BALANCE BETWEEN LONELINESS AND JOY
- SESSION 4. REMEMBERING OUR TRUE NATURE & HEALING THE HEART
- SESSION 5. SCULPTING "A HOUSE OF MEMORY" ; CLOSING BY HONORING YOUR PARTNER, YOURSELF AND YOUR RELATIONSHIP

Sessions will contain: guided meditation, silent periode, group activities.

Small group max 12 persons. **Costs for guidance on Dana basis.** Sessions duration 2 ½ hrs.

Location costs 4 gatherings and Sculpture costs (session 5) depending on the local situation see info!

NO EXPERIENCE WITH MEDITATION IS REQUIRED!