



# 5 Weeks to Grief Relief

*An On-Line Yoga Retreat*

For the Holidays

Sharing



Writing



Moving



# Workbook





# Welcome

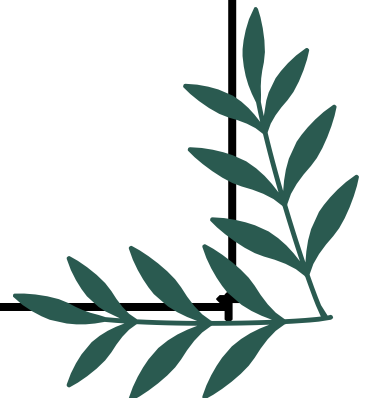
Welcome to the 5 Weeks to Grief Relief program. In this workbook you will find journal prompts, suggestions for your yoga practice, ideas for rituals, and self care ideas and tips.

The purpose of this workbook is to have a place to express your feelings, ideas, observations and emotions. Along with breath work, meditation, and yoga movements, writing helps to move stuck emotions.

Some of the journaling and exercises are meant to do prior to class and others we will do in the class.

If you prefer to use a favorite journal instead of this workbook, please do.

Kindly,  
*Sue*



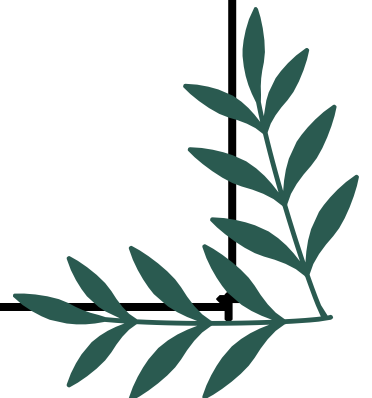


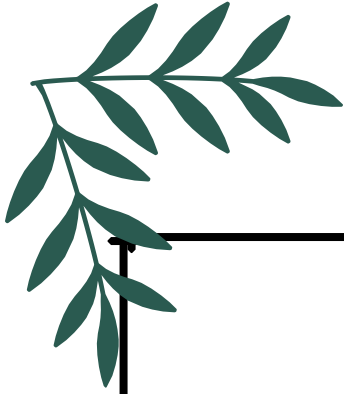
In Week One, we are becoming aware of where grief is living inside of us and what specific emotions are being felt at a given time.

Each time you come to this journal, to our on-line meeting, or to your yoga mat, different emotions may surface. If something has been really stuck, it may take a while for you to work through it. That is absolutely fine!

Grief work takes time. As we learn to be aware of what we are feeling, are present and sit with them, emotions will gently release. One day you will notice that you feel lighter.

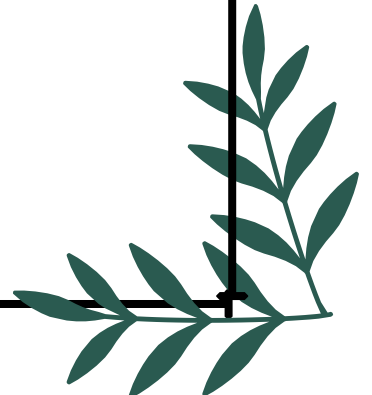
" What we run from pursues us. What we face, transforms us". David Kessler

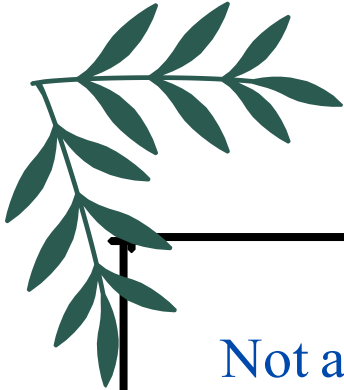




## Suggestions for Setting Up Your Space

- ♥ Create a memory corner: Gather a few items that hold precious memories. It might be a piece of clothing or a photo.
- ♥ Bring some soft light into the space with one or more candles - don't have to be real.
- ♥ Add something that brings a smile to your face or creates a sense of wonder/joy flowers, a plant.
- ♥ Have plenty of towels, blankets, pillows or yoga bolster/props for our restorative poses.
- ♥ Have on hand a pen, journal, and some water
- ♥ Turn on some light music that will help you relax, especially during restorative poses





## Home Work

Not at all required but I invite you to journal.

If writing isn't your thing, maybe draw?

Journal prompt: I am grieving and here is my story

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SAMPLE

