

6 week Yoga for Grief Program...
A Compassionate Journey Toward Healing

If you are dealing with the aftermath of a loss, gentle and restorative yoga, calming breath work and meditative practices can help you to cultivate awareness, loving kindness, and acceptance of yourself as you journey with grief.



Yoga for Grief is appropriate for all levels of yoga practitioners. No prior experience is necessary. Modification will be provided to those with injuries or health concerns.

***Tuesday evenings, January 22 to February 27, 2019; 7:00 -8:30pm at
Queens Retreat and Renewal Centre, 601 Taylor St. West, Saskatoon***

***Registration is \$150.00 payable by e-transfer to lharley@sasktel.net or cheque
to: Lynne Harley, 1010 Avenue K. North, Saskatoon S7L 2N6***

***To Register: Please contact Lynne at 306-270-3800 or visit
www.lynneharley.com***

Space is limited, advance registration is required by January 20, 2019

Please bring a yoga mat, 1 blanket, 3 cushions and 1 firm pillow **or** bolster for restorative poses, a strap (necktie works great); block **or** towel, eye mask if you have one....other props you may have and like to use.

Thank you in advance for refraining from wearing scented products.