

Yoga for Grief

A COMPASSIONATE JOURNEY TOWARD HEALING

A SIX WEEK PROGRAM

**Tuesday evenings,
January 22 - February 26
7:00 - 8:30 p.m.**

To register please contact Lynne:
306-270-3800

Registration is \$150.00
Payable by e-transfer to
lharley@sasktel.net
or by cheque

*Space is limited. Advance registration is
required by: January 20, 2019*

Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

306-242-1916; Fax: 306-653-5941

email: receptionist@queenshouse.org

For details on all programs:

www.queenshouse.org



Lynne Harley is retired from her profession in Social Services and Life Skills Coaching. Over the years much of her work involved creating and facilitating empowerment programs for adults. She is a 200 RYT Certified Yoga Teacher, registered with Yoga Alliance International. In August of 2018, Lynne completed 85 hours of Restorative Yoga training at Semperviva Yoga Studio in Vancouver, B.C. and is now certified as a Therapeutic Restorative Yoga Teacher. Lynne has trained in sound healing and also facilitates a Chakra Gong Restorative Yoga Program; and Gong Immersion Meditations.

For more information, and to offer any programs within in your community, visit www.lynneharley.com or contact Lynne at 306-270-3800

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....and other props you may have and like to use.

Thank you in advance for refraining from wearing scented products.

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A Home Away from Home

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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.

MOVING THROUGH LOSS

HOW YOGA HELPED
ME NAVIGATE GRIEF



*This article can be found in the January 2019 issue
of WHOLife magazine*

Yoga for Grief ~ A Transformative Journey Towards Healing

Lynne Harley

"To be human is to know loss in its many forms. These seasons in our lives are intense and require a prolonged time to honor what the soul needs to fully digest the grief. We are told to "get on with it" and "get over it". The lack of compassion surrounding grief reflects an underlying fear and mistrust of this basic human experience. We must restore the healing ground of grief. We must find the courage, once again to walk its wild edge."

~Francis Weller, [The Wild Edge of Sorrow](#)

As I age, I am understanding more deeply the impermanent nature of all things...the death of loved ones, failing health, and challenging life transitions. Knowing this does not ease the experience of loss or grief. Between 2016 and 2017, my mother passed after suffering a debilitating illness and stroke. Barely a year later, my younger brother died suddenly. My apprenticeship with sorrow has taught me that grief is our natural and organic response to loss, and we will all experience it at some point in our life. Although everyone grieves, not everyone mourns. We don't always allow for the outward expression of grief. In our culture, we often feel rushed to get over our losses, and we may even feel impatience with ourselves, wondering why we can "move on". Sometimes the grief we finally do allow ourselves to feel is from sorrows and losses that happened earlier in our lives. Grief that was not acknowledged, or was associated with shame, such examples could be the breakdown of one's nuclear family, the loss of a job or relationship, the death of a same sex partner, or the loss of a family pet.

Ray Reginald, author of [Touching Enlightenment](#), writes: "So much is carried in our bodies. The Wisdom that is held within our tissues is something that we have almost completely forgotten. And yet there is no awareness more situated in the present moment than what is found in our bodies. With our body, we are in the presence of a force and intelligence that is filled with wisdom, that is loving, flawlessly reliable and, strange to say, worthy of our deepest devotion. When we begin to inhabit the body as our primary way of sensing, feeling, and knowing the world, when our thought operates as no more than a handmaiden of that somatic way of being, we find that we as human beings we are in a state of intimate relationship and connection with all that is."

Grief and Yoga have led me to this wisdom within my body. During the time that I felt most raw, I stopped attending yoga classes. I allowed my practice to meet and support me where I was. As I listened within, I instinctively slowed everything down. My movement became meditative and mindful; deep breathing and restorative poses took me inward to a place of "holy peace", and rest. I am trusting that my body does know how to heal, when I provide it with what it needs. A body that can relax, can heal.

Yoga is not meant to take away grief. It is a support that activates our inner resources so that we can tend to our body and mind when we feel broken and dismembered. A gentle and restorative practice, encourages us to be active participants in our healing...

The remaining paragraphs of this article can be found in the January 2019 issue of WHOLife magazine