



Restorative Yoga *for* Grief

"Note to self as I grieve: Unprocessed grief can harden. It can make your chest tight. Hips rigid and whole body lack flow. Please remember, you deserve softness. You deserve time to process your pain. You deserve love. You deserve patience You deserve support."

@ANGELAMMORRIS

The Grief Resource Center looks at grief as a holistic experience. We have seen grief expressed emotionally, physically, mentally, spiritually, socially, etc. The variety of grief expressions are as unique as everyone we have met. Because of this, we continually look to offer an assortment of outlets for people to learn about, process, and experience their grief.

When we heard some of our community members asking for yoga, we dove into the research on the mental and physical benefits of yoga for overall health. We found evidence of:



stress reduction

better sleep

promoting heart health

improved immune system functioning

aiding in releasing emotional muscle memory

encouraging creative outlets for self-care

cultivating mindful and present moments

We immediately set out to create our own trauma-sensitive and grief-informed restorative yoga practice for our community. One of our Bereavement Coordinators, Kiri Meyer, is a registered yoga teacher and licensed mental health professional, who has become intensely passionate about crafting yoga classes to support individuals in re-awakening the mind-body connection throughout their grief journey. These classes embrace all body types and levels of experience, as Kiri offers modifications and encourages the use of props in supporting the practice.

Our FREE classes are being offered virtually every Tuesday @ 4:30-5:30pm.

To join us on the mat, please visit our virtual calendar for details on how to register and sign your liability waiver.

January 4th, 11th, 25th
February 1st, 8th, 15th, 22nd
March 1st, 8th, 15th, 22nd, 29th

Please check our virtual calendar for more upcoming dates.

