

## Go to the River, A Workshop to Process Grief



We sometimes feel like our grief is insurmountable and will destroy us if we truly “go there”. Also, we may feel like we have no right or spaces to grieve in any real way. This can be because we do not have the type of support that can carry our process of grief or we do not yet know that what we are feeling may be a shared, or collective grief.

Grief comes when something has been irretrievably lost, whether that is a loved one, a way of being in the world, or a part of ourselves.

Grief work can be tricky or even harmful when we are not given autonomy to trust our pace or instincts around it. In this workshop, there will be space to enter in as you see right for you and options for alternative practices and ways to stay in your process that feel supportive and not forceful.

Friday night 7-9pm; restorative Yoga with Dawn, talking about Karla McLaren's work on The Language of Emotions. How do the emotions' function and how are they impaired?

Saturday 12-4pm: What is the purpose of grief in the language of emotions? What does it look like when a group of people have impaired grief? What is a cultural example of the opposite? Where can we begin?

Saturday will consist of yoga posture practice, meditation, journaling, altar building, and lots of space to rest. We will eat outside at Konrad Park, so please bring a bagged lunch.

Sunday 12-4pm: It is never too late to grieve or release unprocessed grief from the body. And, when it comes to grief, we never stand in the same river twice. It gets easier.

Sunday will consist of letter writing, story-telling, restorative Yoga and breathwork. Please bring only a light snack for our break. Fresh fruit and vegetables, iced tea, and specialty chocolate will be provided at the end.