

# Exploring the Deep Mysteries of Grief and Death

Two workshops with *Elysabeth Williamson* / Bearfoot Yoga Center / *Islip, NY*

## Honoring Our Grief / Wednesday, Feb 7/ 1:30 - 3:30PM / \$35-

Our capacity to grieve is intimately connected to our capacity to love. We cannot open to the depth of our grief without the presence of gratitude, gratitude for having deeply loved.

Acknowledging and exploring grief is something best done in the presence of another or others. It is a sacred privilege to both hear and express the deep sorrows of our being and to recognize the power of grief to reconnect us as a community.



*“Honoring our grief has the capacity to deepen our Soul in a way that no other emotion can. It slows us down, brings us to our knees and is really a reflection of how deeply our love has entered the world.”*

*-Francis Weller*

## Savasana: Exploring our Death to Liberate our Lives

Wednesday, Feb 7/7:30 - 9:45PM \$45 / Both workshops: \$75

The power of Savasana lies in its ability to teach us how to rest and surrender on the deepest levels. This workshop is a rare and unique opportunity to explore your relationship with death and dying in a safe and sacred setting.

Included is a discussion on death in the modern world, simple partner yoga practices and an in-depth exploration of our individual relationship with death and dying at this time in our lives.

Opening to this mysterious realm liberates us to live our lives with greater freedom and joy. This deep meditation is a valuable practice to explore on an on-going basis and revitalizes our moment to moment experience.