

Gifts of Grief & Conscious Grieving present:

A Grief & Yoga Weekend Retreat

with Nancee Sobonya and Koren Paalman

**Friday, March 9, 2:00 pm to
Sunday, March 11, 2:00 pm**

Join us for a weekend of healing and rejuvenation, exploring the powerful nature of grief and transformational Iyengar yoga at a beautiful natural hot springs private estate near Joshua Tree National Park, two and a half hours outside of Los Angeles.

Learn how to move through the new terrain of grief and discover the various resources that sustain us, as well as those inner places where we find strength, love and support surrounded by wide-open desert surroundings.

Retreat features:

Confidential compassionate grieving support, letting go rituals, opportunities for creative expression, appropriate coping skills, and grief specific all levels yoga sequences.

The setting is southwestern style accommodations, delicious organic vegetarian food, and an outdoor hot springs and Jacuzzi.

Please bring a photo or memorial object to create an altar together to honour our losses.

Pricing:

The retreat is \$250 PLUS accommodation:
Double Room add \$300 (1-2 people, one bed)
Bunk bed add \$100 (1 person per bed)
Bathrooms are shared.

**To register and for more info please contact:
Nancee at shininglight77@sbcglobal.net**



Nancee Sobonya, MA is a Grief Counselor and Educator. She is also the producer/director of *The Gifts of Grief*. She presents this highly acclaimed educational documentary at conferences, churches, retreats and hospices worldwide. Nancee has been working in the field of death and bereavement for the past 25 years and was the Bereavement Outreach Educator at Pathways Hospice for 17 years. She is also a minister/teacher of the Diamond Approach guiding people on their inner journey of self-discovery in the Bay Area and Europe.

www.giftsofgrief.com

Koren Paalman, MS is an Iyengar certified instructor at the Intermediate Junior I level and has been teaching yoga since 1995. Having survived the death of a loved one, she started her own consulting company, Conscious Grieving, to be of service to people of all ages in grief and for those supporting people in grief. Her unique approach provides deep emotional support, strategies for acceptance, and tools for letting go.

www.consciousgrieving.com

