

Mindful Music & Movement:

Gentle Grief Support for the Holidays

Date: **Saturday, December 14, 2013**

Time: 1- 3:30 PM

Cost: \$55.00

Location: Healing Connections Wellness Centre
10548- 115 Street Edmonton, AB T5H 3K6

Experience gentle yoga, mindfulness meditation, and guided imagery and music to nurture you and bring you solace. This workshop is suitable for anyone who is grieving a death loss, over this holiday season.

Workshop Facilitated by:

Sandy Ayre

Certified Yoga Teacher

Yoga for Grief Support

www.yogaforgriefsupport.com

Sheila Killoran

Accredited Music Therapist

Transitions Music Therapy

www.transitionsmusictherapy.ca

For information or to register please call:

Sandy (780) 474-4536 or Sheila (780) 932-5235