



Music & Movement for an Open Heart:

Gentle Grief Support Workshop
Presented by Transitions Music Therapy
and Yoga for Grief Support

Date: **Sunday, June 15, 2014**

Time: 2- 4:30 PM

Cost: \$55.00

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



Experience gentle yoga, meditation, and guided imagery and music to nurture you and help open your heart. Compassion and space to reflect. This workshop is suitable for anyone who is grieving a death loss.

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

