

Tending the Landscape of Grief

A Half-Day Exploration of Heart Body Soul Grief

Tending grief is sacred and ancient. There is deep healing, power and transformation in grieving together.

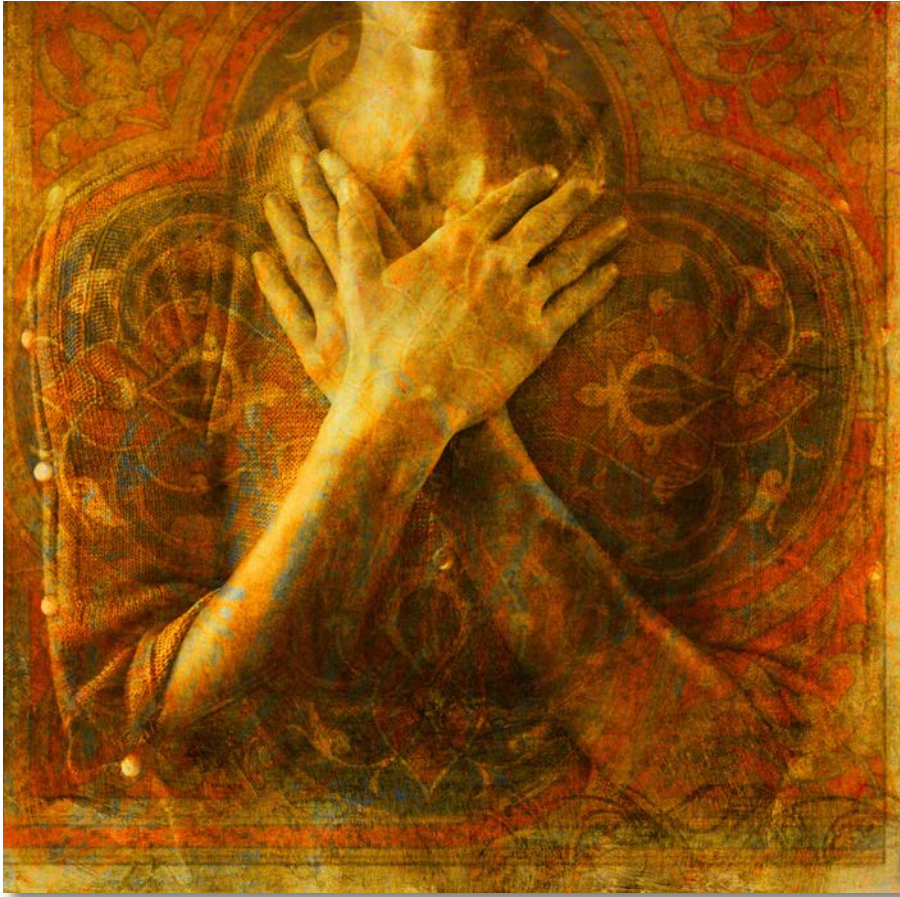


Image by Elena Ray

**Where do you feel grief in your body?
How does it want to be expressed?**

In this half-day journey, we will honor and tend your grief through:

- **Breath and Stillness**
- **Sounding and Movement**
- **Writing and Ritual**

Together we will create a safe space embodying courage, self-love, compassion, and radical vulnerability.

www.debrootgrant.com

To Register: Call 707-331-0776

or Email debgrant@sonic.net

Details emailed upon registration.

Fee: \$125 ~ Pay with Venmo to:

@deb-grant-10 or scan the QR code



**Come Join Us!
in Sebastopol, CA
11am-4pm
Saturday
Feb. 10, or
March 9, 2024**

“There is an intimacy between grief and aliveness – a sacred exchange between what seems unbearable and what is most exquisitely alive.”

—Martin Prechtel



Deb is an LCSW specializing in grief and cancer support. Her work blends heart and body-centered practices, expressive arts and ritual to access what's held in the body and invites deep raw expression from within.