



NEW WORKSHOP ALERT!

Navigating Grief and Loss During the Holidays: A workshop for Healing, Reflection and Support

The holiday season can be particularly difficult for those experiencing grief and loss. While the world around us is celebrating, it's natural to feel out of sync with the festivities and struggle with feelings of sadness, loneliness, or longing for a loved one. This Morning Altars workshop is designed to create a compassionate, supportive space where you explore a new way to process your grief and find ways to navigate this emotionally charged season.

What to Expect:

- **Understanding Grief During the Holidays:** We'll explore why the holidays can intensify feelings of loss and how grief manifests differently during this time.
- **Tools for Managing Emotions:** Learn mindfulness techniques, breathing exercises, and nervous system regulation practices (based on polyvagal theory) to help you manage the waves of emotions that can arise during the holiday season.
- **Creative Expression:** We'll engage in Morning Altars, a creative and reflective practice where we use natural elements to create temporary art that honors our grief, memories, and the process of letting go.

When: Wednesday, Dec 4th

Time: 4p- 6p Pacific Time

Cost: \$65

Limited places!

Book via email:

julie@heartscapesllc.com

This will be a virtual Workshop
on Zoom

This workshop is designed for everyone—no prior experience with Morning Altars is needed. This workshop offers a compassionate space where you can learn how to honor your loss and find gentle ways to care for yourself during the holiday season



REGISTER YOUR SPOT TODAY! [Email: julie@heartscapesllc.com](mailto:julie@heartscapesllc.com)