

Yoga Therapy—Moving Through Grief

Hospice of Cincinnati—Holistic Services/Bereavement Services

Give yourself the gift of time and attention...

The practice of Yoga helps you tune into yourself and take care of your needs physically, mentally, emotionally, and spiritually. You will leave these classes with a sense of being nurtured and relaxed.

- A gentle yoga practice can help with grief recovery in many ways—just making the commitment to come to class shows an effort towards healing.
- Guided meditation and breathing exercises help ease difficulties with concentration, focus, appetite and sleep patterns.
- The gentle, easy postures provide the body and mind with both a respite from, and a refuge for, expressing grief.
- This restorative form of yoga and meditation is compatible with all religious traditions.



EVERYONE is welcome! No experience necessary. Please wear comfortable clothing and bring a blanket, pillow, and yoga mat (or a large bath towel). You do not have to be able to sit on the floor, you can do the class in a chair.

ONGOING CLASS!!

Every Thursday 3:00-3:45 p.m.

Hospice of Cincinnati
Central Classroom
4360 Cooper Rd.
Cinti, OH 45242

Please pre-register...class is free!

To register or for more information, call or email Tina Bross at:

Phone: 513-246-9156

E-mail: christina_bross@trihealth.com

You will learn:

BreathWork to calm the mind and body.

Postures for strength and flexibility.

Deep relaxation for physical, mental, and emotional restoration.

Meditation techniques to use everyday.



**Hospice
of Cincinnati**

Experience. Compassionate. Caring.