



Grief Support for Children and Adults

457 Kingsley Avenue
Palo Alto, CA 94301
(650) 321-5272
www.kara-grief.org

RESTORATIVE YOGA GROUP

**4 Weekly Tuesday Meetings – 9:15-10:30 AM
Beginning October 5th, 2010**

We know that emotions affect the body. Many people under stress will get a headache. In the same way, we can hold grief in our physical bodies. This group will provide a safe place and a supportive environment to **release emotion** through our physical body. Join us one morning each week for four weeks as we explore our bodies and emotions and process our grief **utilizing a gentle restorative yoga practice**.

This group is offered to Kara clients, we will meet at SUBUD House in Palo Alto. No yoga experience is necessary to participate. There is a requested donation of \$10.00 to cover rental of the space. Scholarships are available. If you are interested in becoming a group participant or would like more information, call Sue Carter at **Kara** (650) 321-2043 x 13 or Email: sue@kara-grief.org.

Kara is a nonprofit organization that provides counseling, education and information to individuals and groups who are living with issues of life-threatening illness, limited life expectancy, death and grief. Please call our office to find out about additional services.