



Graceful Transitions

A journey to a Harmonious Relationship with Life and Death.

Death is often a taboo subject. This workshop is for anyone who wants to develop a harmonious relationship with death. Dr. Andrea Deerheart will guide you through an exploration of your personal myths, fears, philosophies, beliefs, and feelings as they relate to this process of transformation.

This workshop is designed for anyone who is living with a life-threatening illness, terminal illness, their caregivers, friends and family, or anyone interested in developing a more harmonious relationship with dying and death.

The workshop will include

- Learning how to Bridge the Gap between life and death
- Experiential process exercises and discussion
- The Practice of Yoga Nidra: Graceful Transitions
- Individual and Small Group Work

For more information about the workshop visit
heartway.org or email deerheart@theheartway.org

When

Fri, Feb 7, 2020, 6:00 PM
Sun, Feb 9, 2020, 6:00 PM PST

Where

Anneliese Schools-Willowbrook Campus
20062 Laguna Canyon Road
949-497-8310

Cost

\$375*, Continental Breakfast, Lunch, Coffee, and Tea included.

*Scholarships available. Contact Dr. Deerheart at deerheart@theheartway.org or (949) 433-8228 for inquiries and to apply.

Registration

eventbrite.com/e/graceful-transitions-tickets-76174611313

