

Mindfulness & Movement for Grief

For some people, talking about their grief may not be enough. For others, it might be too much. To help members process and receive support in their grief, this group combines talking and experiential exercises: mindfulness, meditation, guided visualization, gentle yoga movements, and journaling.

The group is suitable for adults of all ages/body type/physical abilities. No previous experience with yoga or meditation is needed. A new cycle begins early September 2020 and will meet weekly for 12 weeks.

When: Wednesdays 6:00 - 7:30PM

Where: Currently virtual (Zoom)

Contact: Samantha Iannuzzi, MA, MHC-LP
347.963.8497
siannuzzi@calvaryhospital.org

Registration prior to starting group is required.

CALVARY
HOSPITAL

Where Life Continues