

Mindfulness & Grief

at Michael's Place



Second Tuesday each month, 1:00 – 3:00 pm

In this program, we will provide empathetic guidance and introduce mindfulness-based exercises as we explore various aspects of grief.

Sessions will feature a blend of practices, including:

- Exploration of Living with Grief: Mindful meditations and self-care strategies for navigating loss*
- Facilitated meditations, yoga practices, and expressive arts
- Reflective journaling and group discussions

No prior meditation or yoga experience is necessary. Exercises are adapted to accommodate all levels of physical ability.

Registration is required. Contact Michael's Place at (231) 947-6453 or goodgrief@mymichaelsplace.net for more information.



Books will be available at Michael's Place, or you can purchase your own by scanning the QR Code or visiting <https://a.co/d/3CW1XWR>

**This program utilizes elements of thanatologist and meditation teacher Heather Stang's book Living with Grief, along with Dr.'s Neff and Germer's The Mindful Self-Compassion Workbook.*

Michael's Place
1212 Veterans Drive, Ste 100
Traverse City, MI 49684
MyMichaelsPlace.net


Michael's Place
let the healing begin