



Sandy Ayre: Yoga for Grief Support - A Holistic Practice



Sandy is an occupational therapist, certified yoga instructor, and certified in death and grief studies from the Center for Loss and Life Transition. In this session learn what grief is, and how it manifests in the mind, body and spirit, and how you can use yoga as an exploratory tool to understand it in an embodied way.

TOP EMBODIMENT TIP: Just feel your body. Your body is always talking; practice listening. Feel. Listen. Take a moment to act - build the feedback loop to become more instinctual and trusted.

What is Grief? Grief is the **internal and natural response to any loss.**

- Responses include physical manifestations, cognitive responses, emotional experiences of grief, social impacts and spiritual experiences of grief

Grief & Culture: **Our culture impacts our experience with grief.**

- If you are from another part of the world and another culture as part of this global conference, it is probable and understandable that your experience of grief may be different due to this cultural impact. It is impossible to discuss grief without acknowledgement of the grief and trauma of the indigenous people in the part of the world that Sandy is speaking from, known now as Canada.

Grief as Part of Life

- **If grief is a natural and instinctive part of life, then does that mean that it serves a purpose? If it is something that we are all capable of feeling, can it guide us in life?** This is at odds with the approach of modern life towards grief. We see grief as a bump in the road, when really it is the road. Grief is circular rather than linear. As a heart based experience, it is not intellectual but is feeling and sensation based, with change rather than a definitive end.

What is Yoga?

- Yoga is a philosophical and ethical discipline calming the mind supporting a peaceful and conscious way of living. It is a practical tool to provide coping mechanisms when living in a grieving body.
- **Yoga is also a tool for teaching us how to be in the world, and grief is part of this world.** Consider grief as an ally instead of a disruptive roommate.

Resources

- ❖ **Books:** *Before and After Loss: A Neurologist's Perspective on Loss, Grief and Our Brain* - Lisa Shulman.
- ❖ **Website:** yogaforgriefsupport.com,
- ❖ **Blog:** yogaforgriefsupport.com/blog/the-embodiment-of-grief
- ❖ **Social:** Facebook: sandy@yogaforgriefsupport.com
- ❖ **References:** The Five Stages of Grief Model - Elizabeth Kubler Ross.



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.

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