



The Grief Workshop

Sunday May 19th 2.30 – 5.30pm on Zoom

🕒 Stages of grief are well documented yet there is never one straight pathway through it. Often we get stuck at one point or another and that pain is held in our bodies as well as in our emotional states.

🕒 Grief can often be held in place by resentment, fear, disappointment, hurt or anger and yet fully embraced and expressed it can yield insight, resolution, peace, hope and even joy.

🕒 At its core it embodies a call for us to work with what life gives us, even when it appears to be depriving us of what we most want. When we do this we can see where we fit into this jigsaw and how we can feel the ground under our feet again and have the courage to stand or step forward.

Expected outcomes of the course: By the end of the course you will have

- 🌱 appreciated the love that makes grief possible
- 🌱 recognised and moved the resentment/remorse that allows it to fester
- 🌱 located where you hold different griefs in your body and found what is needed to help your energy to flow anew
- 🌱 tracked your readiness to move to your next step, however gently
- 🌱 held yourself with tenderness and care

Ways of working:

We will be working in triads, individually or in the small group (max 9 participants). We will be using guided meditation, connection to our bodies through imagery, the stages of grief and transition models, sharing our commonality and illuminating our reality through drawings. Your drawings are just for you unless you want to share yours with the group. Your level of art proficiency is not relevant. You will have the opportunity to grieve what you no longer have but also what you never had and that you longed for. Grief can be for the past, the present and the future.

Cost: £20 or £13 concs. Contact Zoe Grace Cozens on 07813 035763 or email on zoeleapfrog@gmail.com