

# Transforming Our Losses: a grief retreat

Friday June 5th 7pm - Sunday June 7th 1pm

Santa Sabina Center in San Rafael, CA



"He or she who sits in the house of grief will eventually sit in the garden." -Hafiz

During this lifetime, we will experience many losses - of loved ones, relationships, health, jobs, homes, pets, and our dreams. If we lean in close enough, we begin to see that loss is a large part our daily lives: rejections, unmet expectations, mistakes, and disappointments. If we shrink from loss in an attempt to protect our hearts, we pay a big price in terms of our vitality, happiness and health. If we wish to expand our hearts and to live fully, it is important that we take time to grieve and honor our losses.

We will gather on the serene land of Santa Sabina Center. Just as this land has been tended to so beautifully, we will come together in this safe sanctuary to tend to our hearts. Through meditation, breathing exercises, guided imagery, walking in nature, dream work, Art-Soul- Collage, music, dance, laughter, individual contemplation, sharing, and group ritual, we will dedicate a weekend to the soul work of grief.

Whether you are looking for personal healing, resources to support others, or a deepening of your professional practice, you are invited to join us. CEUs are available. Register today: [theconsciousdyingnetwork.com](http://theconsciousdyingnetwork.com)- 10% discount offered before May 5th. Code: HEALGRIEF

Teachers Include:



Alexandra Kennedy, MA



Dale Borglum, PhD



Lorna Bell, RN, CHPN



Florie Elmore, Psy. D  
Art Therapist



Leslie Rundquist,  
Breathwork & Yoga



Shree Shyam Das  
Music for Transition

for more information: 707.479.0850 [info@theconsciousdyingnetwork.com](mailto:info@theconsciousdyingnetwork.com)