

yogaview



12.9.19

# CONNECTING THROUGH YOGA A YOGA BEREAVEMENT SUPPORT PROGRAM AN **EVENING** TO REMEMBER

WITH NANCY PERLSON, LCSW, RYT

Grieving the death of a loved one is difficult. The holiday season with all of its beauty and splendor can add additional challenge to the grieving process. Give yourself permission to pause; take time to remember, reflect and honor the memory of your loved one(s) during a very special event. For one evening we will gather as a community in a safe and nurturing environment --- connecting through the practice of yoga, to bolster our strength as we navigate the tumultuous waters of the holiday season. Join us for this special opportunity to gather and remember our loved ones as we head into the flurry of the holiday season.

No prior yoga experience is required. Registration is required and space is limited. Please contact Nancy Perlson with questions or concerns [nancyperlson@gmail.com](mailto:nancyperlson@gmail.com).

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**Monday, December 9th / 7:00 pm - 8:30 pm / cost: \$35**

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As a licensed clinical social worker, Nancy has extensive experience working in the field of trauma and loss in private practice and with groups. Nancy is a certified yoga teacher through the Yoga Alliance, as well as, a member of the International Association of Yoga Therapists (IAYT). Nancy's yoga bereavement support program, which began in January 2010, Connecting Through Yoga, integrates the practice of yoga and its teachings with therapeutic interventions to provide grieving individuals additional tools and resources to use while moving through the complicated process of grieving the death of a loved one. The behind-the-ink project, launched by Nancy in 2014, has created a social media community for individuals to share their stories of love, loss and resilience through the modern language and art of tattoo. For more information, please visit [www.nancyperlson.com](http://www.nancyperlson.com) and [www.behind-the-ink.com](http://www.behind-the-ink.com).