



Yoga for Grief Relief: Simple Practices for Transforming Your Grieving Mind and Body

Antonio Sausys

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If you've experienced loss, you may feel intense emotional or even physical pain. In fact, it's not uncommon for grieving people to experience depression, anxiety, fatigue, and a variety of other physical, mental, and spiritual symptoms. If you've tried other ways to move beyond your loss but have yet to find relief, you may be surprised to discover the transformative effects of yoga.

Yoga for Grief Relief combines over 100 illustrations of gentle yogic poses and the power of psychophysiology and neuroscience to help you recapture a true sense of well-being. You'll also find breathing exercises, cleansing techniques, and self-relaxation tips to help you work through your loss and begin on the journey to self-knowledge and re-identification. At its core, yoga is about accepting change. If you are open to viewing your loss as an opportunity for growth, this book will help transform your grief with gentle clarity and awareness.

To find out more, visit yogaforgriefrelief.com

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