

## Moving through Grief with Yoga

### ***Frequently Asked Questions***

#### ***Who is teaching this class?***

Kathleen Pratt is a registered social worker and certified yoga instructor with many years of experience working with individuals and groups experiencing grief and loss. Her yoga classes are designed to be trauma-sensitive. For more information about her practice, please visit [www.kathleenpratt.ca](http://www.kathleenpratt.ca)

#### ***I have an injury/disability OR I have a large body OR I've never done yoga before. I feel self-conscious OR Can I participate?***

This is an all-level, gentle yoga class. Options will be given to allow participants to choose their level of comfort in the poses. Some poses may be done in a chair. Each participant will complete a questionnaire at registration that will flag any physical issues that may need to be addressed or accommodated.

#### ***Do I need any special equipment to participate?***

The classes will be held in a yoga/fitness studio where everything that is needed for the class is provided at no charge. You are welcome to bring your own mat or other props for your comfort.

#### ***What should I wear?***

Loose, comfortable clothing that moves with your body is recommended e.g. spandex, stretchy pants with an elastic waist, knit top. While practicing on your mat, you may wear socks or have bare feet. You may wish to remove or replace any clothing or jewelry that might be uncomfortable if it could dig into your body in a particular pose (e.g. earrings, rings, bra clasps, hair clips).

#### ***What is the format for the sessions?***

A 75-minute yoga class will include yoga poses, breath work and constructive rest (Savasana). Information and reflection related to grief will be woven into the class. The session will close with a guided meditation. No personal disclosure is required.

#### ***I can't attend all the sessions – can I still register?***

Participants are asked to commit to attending all eight sessions. The group will be closed to new people after the first session. If you are unable to commit to attending all sessions, please let Hospice Kingston know you'd like to be notified when the program is offered again.

#### ***How is this class funded?***

A generous grant from the Community Foundation for Kingston & Area has enabled this program to be offered at no charge to participants for one year as a pilot project. Hospice Kingston has partnered with local yoga and fitness studios for sponsored space. Hospice Kingston relies on charitable donations to fund all of its programs and a yoga program will require donors/sponsors to continue beyond 2019.

*Have another question that isn't answered here? Please contact us!*

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