



**Discover
Valuable
Learning to
Restore Your
Suffering
Body**

A UNIQUE EXPLORATION INTO THE SECRETS OF GRIEF AND PHYSICAL PAIN, AND THE KEYS TO RESTORATION.

Know the role our bodies play when grieving and discover natural methods to protect and heal ourselves. Learn how to identify problematic physical symptoms and guide toward relief though everyday life and while mourning loss.

(CEU/CEH Available)

WHAT YOU'LL LEARN ...

- Experience the language of the body as it sends valuable signals and information.
- Discover ways to explore the inner terrain of your body as it responds to grief.
- Acquire specific techniques to reverse the negative affects stress and anxiety imposes on your body.
- Recognize and practice the transforming power of the mind-body connection when mourning loss, and how it can harm or heal.
- Learn body-centered, self-care exercises that nourish and restore your body.

Register online at www.grieftrainingnow.com, or Contact:

Daryl Powers

The Grief Training Center of Wisconsin

262-975-2233

dpowers@grieftrainingnow.com



**GRIEF TRAINING CENTER
OF WISCONSIN**