

# Tending the Landscape of Grief

A Half-Day Exploration of Heart Body Soul Grief

Tending grief is sacred and ancient. There is deep healing, power and transformation in grieving together.



Image by Elena Ray

**Where do you feel grief in your body?  
How does it want to be expressed?**

In this half-day journey, we will honor and tend your grief through:

- Breath and Stillness
- Sounding and Movement
- Writing and Ritual

Together we will create a safe space embodying courage, self-love, compassion, and radical vulnerability.

For more info: Call 707-331-0776  
or Email [debgrant@sonic.net](mailto:debgrant@sonic.net)  
Fee: \$125 ~ Pay with Venmo to:  
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**July 13, 2024**  
**August 31, 2024**  
**September 14, 2024**  
**October 12, 2024**  
**Saturdays 12-4pm**  
**Sebastopol, CA**

*“There is an intimacy between grief and aliveness – a sacred exchange between what seems unbearable and what is most exquisitely alive.”*

—Martin Prechtel



Deb is an LCSW specializing in grief and cancer support. Her work blends heart and body-centered practices, expressive arts and ritual to access what's held in the body and invites deep raw expression from within.

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