

Healing Through Yoga: Yoga Therapy For The Grieving

After having to grieve back-to-back loses for some of the most important beings in my life, one of which surrounded emotional confusion and trauma, I might have gone into a hole had it not been for yoga. To say yoga saved my life is putting it mildly, and I am eternally grateful for this wonderful practice that continues to unravel its multitude of benefits, and heal me.



Grief and its associated pain and stress are stored in our bodies as much as in our hearts and minds. Through the physical practice of Yoga and Meditation we can slowly begin to loosen emotional and physical tightness and pain.

At it's core, yoga addresses self-care in many forms. Here it helps to integrate the experience of loss, while also honoring and supporting the feelings, and the memories.

It offers a way to find peace and stability during this difficult time.

Yoga Therapy For The Grieving does not require any previous yoga experience or training. It gently helps you process your grief by learning how to release stored pain and suffering without expectation or judgment, so that at your own perfect pace you can begin to reconnect to life with peace.

Text to set up your complimentary 15 minute chat with me



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