

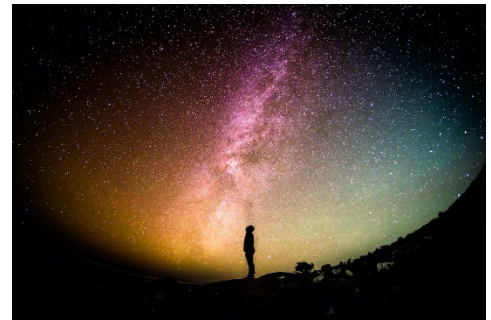


Grief & Loss Workshop

My heart is broken

Grief comes not only in the loss of a loved one or beloved pet, but may show up in break ups, health, trauma, and change.

Know that it's okay to feel broken and alone.



Join us in our Grief Workshop and learn how to sit with your emotions, understand them, and find healthy ways to move forward.



Meditation Sisters

MeditationSisters.com

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