



Kim Birdsong
&
Linda Anne Goulet
invite you to a
Community Grief Workshop & Ritual

FRI & SAT
February 23-24,
2024
CARMEL, CA

Using writing practice, poetry, movement integration and sharing, we will work with the loss of loved ones, feelings of powerlessness often encountered with friends and family, the loss of true communities and our collective sorrow over the destruction of the planet.

Within community we come to understand that we are not alone in our despair. The more familiar we are with grief, the less chance it will overwhelm or paralyze us. The outcome of this experience is that it brings a fuller range of expression, restores balance and vitality and cultivates new capacities to navigate the inevitable moments of heartache in this existence.

FRI: 3:00-6:00PM, SAT: 9:30-5:00

Strictly Limited to 8 people

Registration fee: \$195

Kim is a sexual assault counselor who has worked with trauma survivors for 17 years. She offers integrative and spiritually based counseling and creates a safe container for the exploration of the myriad faces of grief.

Linda Anne is a certified End of Life Doula and Tai Chi/Qigong teacher with over 18 years of experience in healing work and hospice care. She offers easily accessible breathwork, meditation, and movement practices. Her mission is to help people access their innate healing power and connect with their true nature and luminous hearts.

*Where there is
Sorrow
there is
holy ground.*

Oscar Wilde

For further details &
information contact

Kim Birdsong

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Registration deadline
February 10, 2024

Feel free to inquire via
text, phone or email