



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

FRI - SUN
October 18-20,
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. This experience is a gentle introduction, intended to provide instruction in practices that will assist you in becoming more comfortable confronting grief. This in turn may bring a fuller range of expression, restoring balance and vitality and to cultivating new capacities to navigate the inevitable moments of heartache in this existence.

FRI: 2:00-9:00PM, SAT: 9:30-5:30, SUN: 9:00-11:00AM

Strictly Limited to 8 people

Registration fee: \$275

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 exploring 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
October 4, 2024

Registration opens August 1, 2024
Feel free to inquire via text,
phone or email