

Melissa Heckman Yoga Instructor, LMSW, RYT 200



ALOHA. Growing up in Hawaii gave me a profound gift of appreciation for nature, and that connection eventually led me to the truth of my own nature that I now know as a sacred relationship to all. Over the years, my experiences in Hawaii and my yoga practice helped me to heal through a number of serious losses. Because I had such a positive experience feeling uplifted, more connected and nurtured in yoga, I had a clear vision of teaching yoga for grief to others, so I completed the Yoga Works 200-hour teacher training. What has resulted is a combination of my 20 years of practicing yoga, with 20 years of clinical experience including working with hospice patients and families, and a carefully designed integrative yoga for grief and loss program to help others

lean into and transform their grief. Creating this program has been a labor of love and an extension of my healing.



Since grief and stress can get stored in the body, a specialized yoga program can be therapeutic and produce lasting results. In my yoga for grief class, I create a sacred space for moving, sharing, and tuning in to your unique experience. I guide you and co-create with you, so that you can explore your mind, body, and soul, and develop a deeper sense of connection to your lost loved one, and heal your heart. I no longer live in Hawaii, but I like to think that the aloha spirit is ever present. I absolutely love to incorporate themes of nature and Hawaiiana in my work as a yoga teacher, with my work with hospice patients and families, and as an author. It is a great honor to share, connect, and evolve along with others from this aspect of myself. As

~ANNOUNCING~

Upcoming Grief and Loss Yoga Workshop with Melissa:

Grief includes the loss of a loved one, or serious relationship including divorce, loss of a beloved pet, loss of home, job, community, or physical loss. Call or email Melissa by June 28th for a brief discussion and sign up. Limited space so sign up ASAP to save your spot. We might extend this class to monthly.

Date: Sunday June 30th, 2019

Time: 2:30-5:30 (Please arrive 10-15 minutes early as a courtesy to the group and plan to stay for the duration). Please plan your travel and parking time.

Cost: Sliding scale of \$55.00-\$75.00 per person for the 3-hour class. Please pay by check or cash.

Location: 83 Lafayette Circle Lafayette, CA 94549

Contact: Melissa at 415.420.4678 or email Melissa@MelissaHeckman.com

Bring your own yoga mat, 2 blocks, a bolster, and blanket or towel. Handouts and a goody bag with small journal and pen provided. I might have an extra prop so please ask in advance.

one of my spiritual teachers, Ram Das says, "We are all just walking each other home." I feel strongly that my kuleana (sacred responsibility) is to serve others by sharing my gifts and talents to consciously create greater peace for all so that we do not get to the end of life wishing we had done it all differently. ~Namaste~ *Melissa*

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