



Join us for a day of companionship and support.

We will meet to renew, learn, and connect with other widowed people.



Program Details

- We will use Healing CollageSM to tap into our dreams and learn new concepts & techniques to help us heal as we move through our grief journey.
- Healing Artist & certified Embodied Imagination coach, Sheila Asato uses art, interactive discussion, guided meditation and whole heart facilitation to help you learn new tools to guide you on your grief journey. No art experience required.
- For more information & registration visit our website

www.griefproject.org

Widowed Gathering Explore the Healing Power of Collage and Dreams

Saturday, January 24, 2015

Refreshments: 8:30 am

Program: 9:00 am to 3:00 pm

TULA Yoga
99 Snelling Avenue North
St. Paul, MN

Program Facilitator

Sheila Asato M.A., is a healing artist, embodied imagination coach and cross-cultural trainer, with more than thirty years experience teaching & exhibiting her art in USA, Europe and Asia. Bilingual in English and Japanese, Sheila regularly leads workshops on the relationship between creativity, dreams and healing.



The Gathering

- Small and intimate, personal touch, personal attention.
- Food, laughter, sharing and friendship.
- Developed by widowed for widowed - we "get you".
- Step out of your routine & relax with us.
- The event is free; preregistration required.

Our Mission

To companion the bereaved as they discover new life after loss and to share our common journey.
