

# Yoga

for grieving mothers  
... And their families

**Starting Sunday, March 19, 2023**  
**4-5:30pm | Third Sunday of Every Month**

Theracopia Therapeutic Wellness Center: 54 Central Street, Southborough, MA.

Ben Speaks is excited to offer this new monthly opportunity for healing from the loss of a child through a combination of yoga, deep meditation and Reiki healing.

Be ready to be held, supported and loved by Reiki volunteers and led into a peaceful and powerful process through yoga and meditation to release grief from the body and mind and connect on a deeper level to spirit through meditation.

**Cost:** This program has been graciously paid for by sponsors

**What to bring:**

- A picture of your child you lost
- A bottle of water
- A yoga mat if you have one
- A comforting blanket and pillow
- Wear loose comfortable clothing

Yoga and Meditation will be facilitated by **Judy Giovangelo**, Founder of Ben Speaks. Judy is a certified ERYT Yoga Teacher and Hypnotherapist. She is a Reiki Master and will bring several other Reiki Healers as volunteers to support the Reiki portion of each session.



**Register for this program at [benspeaks.org](https://benspeaks.org)**

Must pre-register as spots are limited.  
Please fill out a release form with your registration.

**SURVIVE**  
*to Thrive*

 **theracopia**  
therapeutic wellness center

