



YOGA AND GRIEF

A compassionate journey
toward healing

**BY GLORIA DRAYER AND KATHLEEN
DOHERTY**

Balboa Press, \$9.99 print, \$3.99 ebook

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Yoga and Grief is available from Balboa Press in print (\$9.99) and Kindle editions (\$3.99), as well as Amazon, bn.com (Nook edition is \$3.49) and Books-A-Million.

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TAP INTO THE POWER OF YOGA TO HEAL FROM GRIEF

Yoga and Grief, the new book from Kripalu yoga instructor Gloria Drayer, offers compassionate techniques for transforming loss

As a Kripalu-trained yoga instructor, Gloria Drayer already had a devoted following through her full moon yoga workshops and international retreats to locales such as Bali, Peru and Italy.

But in 2006, as Gloria's mother was dying of cancer, she says, "I found myself in an unknown space, navigating it all with a heavy heart." In that strange and constricted territory of grieving a great loss, she boosted her yoga practice with gentle movements, breathwork and chanting.

Out of those days of facing the impossible, she has joined with Kathleen Doherty to create *Yoga and Grief* (Balboa Press, \$9.99 print, \$3.99 ebook).

When she began offering "Yoga and Grief" workshops to her Yoga Simple and Sacred community in Albuquerque, New Mexico, she found a thirst for the compassionate healing she offered. "The response was so affirming that I knew I had to share this message," she says.

And she was right. Her techniques have proved powerful for an ever-widening audience in hospice, pastoral care and health settings, as well as right in the heart of her strong yoga community. "We all expect to grieve at some time in our lives," Gloria says. "What we cannot prepare for is how we will feel when faced with loss."

The journey toward healing can be one of a fragile balance of light and darkness, yet Gloria's compassionate and wise approach provides the way.

In *Yoga and Grief*, the practices of yoga provide a focus on the present moment and restore the balance we need to sustain ourselves through times of loss.

Yoga and Grief teaches gentle yoga techniques, breath practices, meditations, chants and rituals of healing that can be practiced individually or in community. The techniques are appropriate for any age or physical ability.

The authors share their own journey through healing grief. Gloria is available for interviews about using body/mind/spirit practices during grief recovery.

"Believe in what comforts you."

yogaandgrief.com