



YOGA AND GRIEF

A compassionate journey
toward healing

**BY GLORIA DRAYER AND KATHLEEN
DOHERTY**

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ABOUT THE AUTHORS

ABOUT GLORIA DRAYER

Gloria Drayer is internationally known for the intuition, empathy and compassion she brings to Yoga Simple and Sacred, her life-affirming approach to yoga retreats, workshops and classes.

A certified yoga instructor, she leads international yoga retreats to locales such as Bali, Peru and Italy, as well as to White Sands National Monument and the Jemez Mountains of New Mexico. She holds weekly classes in Albuquerque, New Mexico.

Her workshops focus on life-transforming topics such as grief and loss, soul-enhancing practices such as Full Moon Yoga, Summer/Winter Solstice Yoga, as well as physical challenges such as insomnia or menopause.

She has lived and taught at Kripalu, the largest yoga and holistic center in the United States, located in Massachusetts. She holds a 500-hour certification with Kripalu and Yoga Alliance.

Having studied at the Krishnamacharya Yoga Mandarim, Gloria is influenced by the teaching tradition of T.K.V. Desikachar and Prof. T. Krishnamacharya. She continues her studies with Sonia Nelson.

ABOUT KATHLEEN DOHERTY

Kathleen Doherty is a former hospice nurse, clinical research manager and student of Gloria Drayer's Yoga Simple and Sacred since 2005. Along the way she has learned that a grief observed is not the same as grief experienced.

She has relied on the concepts of this book -- yoga, meditation and breathing techniques -- to appreciate days dark and light. She lives in Albuquerque, New Mexico.

*"Just as the activities of the mind influence the breath,
so does the breath influence our state of mind."*

~T.K.V. Desikachar

Indian yoga master

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