

How can yoga help?

As long as we are alive on this planet, we will experience loss. It is inevitable, and a part of being human. Loss causes suffering, and we respond through grief and grieving. Grieving seeps into the mind, body and spirit, and can often make us feel incredibly sad, hopeless, and stuck in the grief. That's no surprise. When the grief is not expressed, the sadness and anger remain in the body and affects the spirit and all aspects of life. Grief Yoga can help participants transform their grief into awareness and self-knowledge. The practice incorporates movement, breath and sound to release pain and to heal and open the heart. In a peaceful, compassionate space, Grief Yoga at Muir focuses on emotional release through gentle movement and breath, and by raising awareness in the present moment as a pathway back to gratitude and joy. It is available to all, at all stages and all ages of life. You don't have to twist yourself up into a pretzel or touch your toes to participate; the focus is not on physical flexibility but rather on emotional release through mindful movement. The practice includes seated, standing and prone postures. Chairs are available for modification. No prior experience necessary, all levels welcome.

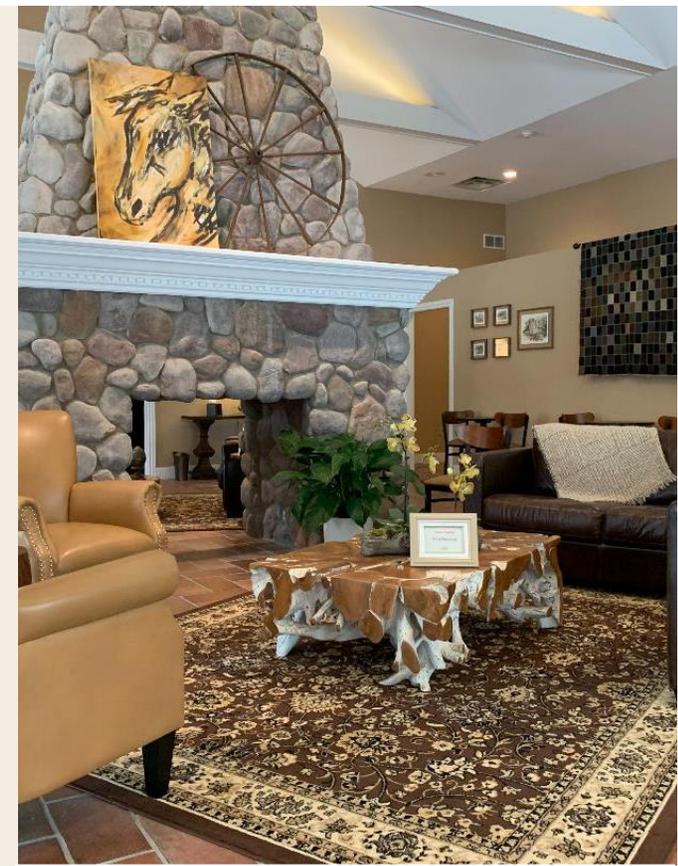
Let us Introduce Ourselves!

Our family has a deep commitment to the wellbeing of our community and the families we have been serving for over 120 years. Our goal is to provide a comfortable and casual place for people to honor and celebrate their loved one by providing compassionate aftercare programs.

Contact us at
1-877-888-MUIR

or on the web at www.muirfh.com

2650 S. Van Dyke Rd.
Imlay City, MI 48444
*formally the Carpet Barn



Grief Yoga

FREE TO THE COMMUNITY

Every 2nd and 4th Tuesday

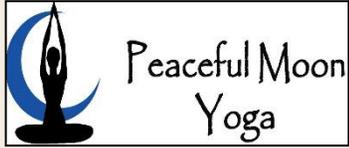
5:30PM – 6:30PM

Please call to reserve a spot

1-877-888-MUIR



Meet Catherine



Catherine ‘Cat’ Minolli was introduced to Hatha yoga in the 1990s, with her first teacher lighting the spark for a lifelong love affair with the discipline. She was introduced to hot yoga in 2010. The love affair deepened. An experienced certified, registered yoga instructor, Catherine—frequently called ‘Cat’—believes in sharing the mind, body, spirit connection of yoga to facilitate peace of mind and happiness while improving strength, flexibility and balance. She is listed on the Yoga Alliance registry. Cat opened the Peaceful Moon Yoga practice in downtown Imlay City in May of 2017. The studio relocated to the Kroger Plaza in October of 2018, and continues to serve practitioners from around the area. A poet at heart and former writer by trade, in 2019 Cat retired from a 25 year career at the Tri-City Times. She designed the Peaceful Moon Yoga practice so that students leave class feeling stronger, lighter, and more balanced and uplifted in body, mind and spirit. For more information visit www.PeacefulMoonYoga.com or call/text 586-255-1275

WHAT IS GRIEF YOGA

Life includes suffering and grief is our response to it.

Losing someone or something we care about brings grief into our mind and spirit. And that sadness and anger gets stuck in our body. As challenging as it is to deal with such suffering, the grief is actually incredible self knowledge that can be used as fuel to open ourselves up to more love. Grief Yoga combines many forms of yoga to help release grief to connect us to the gift of life.

If we are alive, we experience loss. When we are suffering, feeling grief is our response. Losing someone or something we cared about brings about grief in our mind and spirit. When it isn’t expressed, sadness and anger can get stuck in our body because the body remembers.

As challenging as it is to deal with such suffering, grief can bring us self-knowledge, the fuel we can use to open ourselves up to more love.

Try to love your grief and realize it is there to heal the pain.



Call for more information 1-877-888-MUIR

*Please be aware at this time we ask that all guest wear masks upon entering the building and keep them on during class.
Thank you for helping us keep our friends and families safe.

We are with you every step of the way

Muir Celebration of Life Center is a healing place for those grieving loss. We provide continuous care through casual options, making it easier for families to access local resources. This ongoing support can help manage grief in healthy ways. The opportunity to gather and talk creates a feeling of belonging during a time that might feel isolating. Contact us for more information about the support we offer.