

Kripalu®

Center for Yoga & Health



ARUNI NAN FUTURONSKY, a Kripalu Yoga teacher and life coach, has been teaching in a variety of venues for more than 35 years, and has been on the Kripalu faculty for more than 20. coacharuni.com

DECEMBER 8–11 | THURSDAY–SUNDAY

Aruni Nan Futuronsky

GRIEF, LOSS AND, RENEWAL

SAVORING LIFE'S LESSONS

FOR everyone.

Find solace, possibility, and hope in a program that teaches you to outlive loss, and even grow from it. Discover how you can use the healing practices of yoga on and off the mat to navigate difficult emotions and move forward in your life.

Healing from grief is a journey from heartbreak to wholeness, from darkness to light. Since grief is a body-centered process, yoga provides techniques to integrate and move through challenging emotions to a deeper level of acceptance and completeness. In the safe atmosphere of this retreat, you learn mindfulness-based meditation practices, body-centered movement for integration, and journaling for self-inquiry.

Aruni Nan Futuronsky, whose life has been transformed by her own experiences of loss and grief, invites you to share in this time of healing and renewal.

Register Today

➔ kripalu.org 800.741.7353

Kripalu®

Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.