

Paul Denniston is the founder of Grief Yoga® which uses yoga, movement, breath, and sound to release pain and suffering to connect to empowerment and love.

Paul is certified in Hatha Yoga, Vinyasa Flow, Kundalini Yoga, Restorative Yoga, Laughter Yoga, and Let Your Yoga Dance. He has also taught movement at the Stella Adler Academy in Hollywood.

His intention with Grief Yoga is to combine many different forms of yoga to channel and release anger and allow unresolved grief a compassionate space to breathe and be released. His compassionate work is a space of movement, transformation, and healing.

Paul has taught and trained this practice to thousands of therapists, counselors and health care professionals around the world and teaches workshops around the US. He teaches at Kripalu Center for Yoga and Health, Esalen, 1440 Multiversity, the Afterlife Conference, Alternatives in London, Cancer Support Centers, addiction groups, workshops on healing after a breakup, divorce, or betrayal, and also teaches to bereavement groups in one of the largest hospices in Los Angeles, as well as offering Heart Touch to the dying.

His recent book, *Healing Through Yoga: Transform Loss into Empowerment* is being released through Chronicle Books on January 18.

For more information, visit www.griefyoga.com