

Our body speaks the truth. When we don't feel our feelings, they become suppressed. **Our emotions need motion.**

Of course, we want to feel happy, but when we're overwhelmed with anxiety, sadness and anger, laughter can feel unreachable.

Moving with Laughter and Grief is a new workshop on Saturday, February 12th - 10am - 12pm PT / 1pm - 3pm ET

We'll explore how we can channel and move the pain through. Pain demands expression. But we don't have to get stuck there.

It's possible to move with more meaning, empowerment, love, and joy.

Laughter can be a tool. Whether the laughter is real or fake, this workshop is designed to **move the pain through to open our hearts with love and laughter.**

In this 2-hour workshop, we'll have an understanding how laughter and grief can be friends, ways to embody and move with both, that will move us toward more peace.

This workshop is a compassionate ritual where joy and fun meet deep and sacred. A blend of flowing yoga, tribal techniques and dance to release pain, laughter exercises for healing, and flowing meditations from the heart to allow grief and love to flow.

This workshop is a moving celebration of your spirit that will awaken your tribal pulse to expand with more connection and joy into life.

This can be done from a chair, yoga mat, or standing. This is a practice that isn't about physical flexibility but emotional liberation.

- An exploration and teaching how laughter can help us in grief.
- Experience how to release anger, anxiety, trauma, and regrets in empowering ways
- Embrace movement, breath, and sound to transform struggle and pain
- Embrace laughter techniques that shift the pain into play
- Allow the heart to open and flow with grief bursts and love bursts
- Soften and surrender to more peace
- Group processing, Q and A, and thoughtful intentions to guide you forward

If you can't make it live, this session will be recorded and you can watch the replay whenever and as many times as you want.