

JOURNEY TO RESILIENCE: YOGA FOR GRIEF TRANSFORMATION

W O R K B O O K 1



Journey through introspective exercises,
empowering affirmations, & grounding
rituals designed to enhance your
understanding & navigation of grief.

[SOLEJOURNEYWELLNESS.COM](https://solejourneywellness.com)

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ABOUT THIS WORKBOOK

Navigating through the maze of grief requires more than just understanding—it demands integration. Our recent "Coping with Loss" webinar, accompanied by this meticulously crafted workbook, was designed as the first step in this profound healing journey. Together, they offer a potent blend of knowledge, self-reflection, and practical exercises. The webinar touched upon the core concepts, while the workbook acts as a tangible tool, allowing you to internalize and apply these teachings at your own pace.

But this is only the beginning. "Coping with Loss" is the foundational stone of a comprehensive five-part series. Each subsequent webinar dives deeper, providing a nuanced exploration of grief from various dimensions, enriched by the wisdom of yoga. The series is crafted to guide you progressively—helping you move from understanding to acceptance, and eventually, to transformative healing.

Behind this initiative is Dani Frank, a Yoga for Mental Health Teacher and Career Resilience Coach. With a deeply personal commitment to enhancing grief literacy stemming from her own early experiences with complex grief, Dani brings a blend of professional expertise and genuine empathy. Her teachings are a beacon, illuminating the path for those traversing the often murky waters of loss, offering them tools, understanding, and the comfort of a guiding hand.

Together, let us journey through this transformative series, embracing the healing power of yoga, and discovering the strength that lies within our own narratives of loss.

TABLE OF CONTENT

INTRODUCTION

Explore the essence of this workbook and understand its alignment with our transformative webinar series on grief. -
Page 1-

AFFIRMATIONS

Harness the power of positive affirmations tailored to foster healing and resilience during times of grief.
- Page 3-

REFLECTION EXERCISE

A thought-provoking exercise to introspect and chart your personal journey through the realms of loss and healing.
- Page 5-

GROUND RITUAL

Step-by-step ritual designed to ground you, creating a sanctuary of calm and balance amidst the storms of grief.
- Page 7-

Help Rewrite Your Brain

Affirmations are powerful, concise statements designed to manifest a desired intention. Rooted in the belief that our thoughts shape our realities, affirmations act as seeds of positive change, encouraging growth, resilience, and transformation. By regularly vocalizing, writing, or meditating on these statements, we anchor them deeply into our subconscious, influencing our emotions, behaviors, and reactions. Over time, these positive assertions become ingrained beliefs, guiding us toward desired outcomes and reinforcing a resilient and empowered mindset.

AFFIRMATIONS

Use these affirmations daily to inspire and support your journey towards understanding and embracing grief through yoga.

1

My grief is a testament to my love; both are boundless.

2

With each breath, I invite healing and release pain.

3

Yoga practices help to ground me, helping me navigate the complexities of my emotions.

4

In the heart of grief, I find strength and resilience.

5

Through the lens of yoga philosophy, I transform my sorrow into understanding.

Let's Go A Little Deeper

Reflection exercises serve as vital tools in our journey of self-awareness and growth. They invite introspection, allowing us to pause, revisit experiences, and assess our feelings and responses. By delving deeper into our thoughts and emotions, we gain clarity on our personal patterns, understand the reasons behind our behaviors, and identify areas for improvement or change. Engaging in reflective practices helps align our actions with our values, fosters mindfulness, and nurtures a holistic sense of well-being.

REFLECTION EXERCISE

Consider a recent moment when grief felt overwhelming. Now, through the teachings of this workshop, identify one aspect of that emotion that you can better understand or approach differently. How might yoga's philosophy help you transform this raw emotion into an opportunity for growth?

NOTES:

Creating Sacred Space

Rituals are intentional, symbolic actions performed with purpose and mindfulness. They act as anchors, grounding us in the present moment and connecting us with our deeper selves and the world around us. Rituals create a sacred space within our daily lives, allowing us to step away from the chaos and find solace, clarity, and rejuvenation. Whether simple or elaborate, these practices reinforce habits, mark transitions, and celebrate milestones. Engaging in regular rituals can elevate our daily experiences, offering moments of reflection, gratitude, and connection.

ACCESSIBLE SELF-CARE RITUAL FOR GRIEF

This ritual seamlessly blends tactile, reflective, and sensory experiences in straightforward steps, ensuring accessibility for everyone. Use the entire ritual or use pieces. You decide.

1) NAME YOUR SPACE

Before you begin, name your space. This could be "My Safe Corner" or "My Healing Nook". By giving it a name, you create an intention and identity for the place.

2) NATURE'S TOUCH

If you have a plant nearby, touch its leaves gently. Feel its texture. This reminds us of life's continuity and nature's resilient spirit.

Fill a bowl with water. Dip your fingertips and touch your temples lightly. Water symbolizes the flow of life and emotions. By connecting with it, you acknowledge the fluidity of feelings.

3) CANDLE GAZING

Light a candle and simply gaze at its flame for a couple of minutes. The steadiness of the flame amidst its surroundings can be a calming anchor.

4) 1 WORD REFLECTION

Take a piece of paper and write down one word that summarizes how you feel at this very moment. There's no right or wrong. It's an acknowledgment of your current emotional state.

5) SOUND RESONANCE

Hum or chant a simple sound like "Om" or even a calming word like "Peace". You don't have to be musical; it's about feeling the vibration and resonance in your body. Do this for a couple of minutes.

ACCESSIBLE SELF-CARE RITUAL FOR GRIEF - CONTINUED

Embrace this ritual as a bridge to inner harmony, anchoring you amidst life's storms.

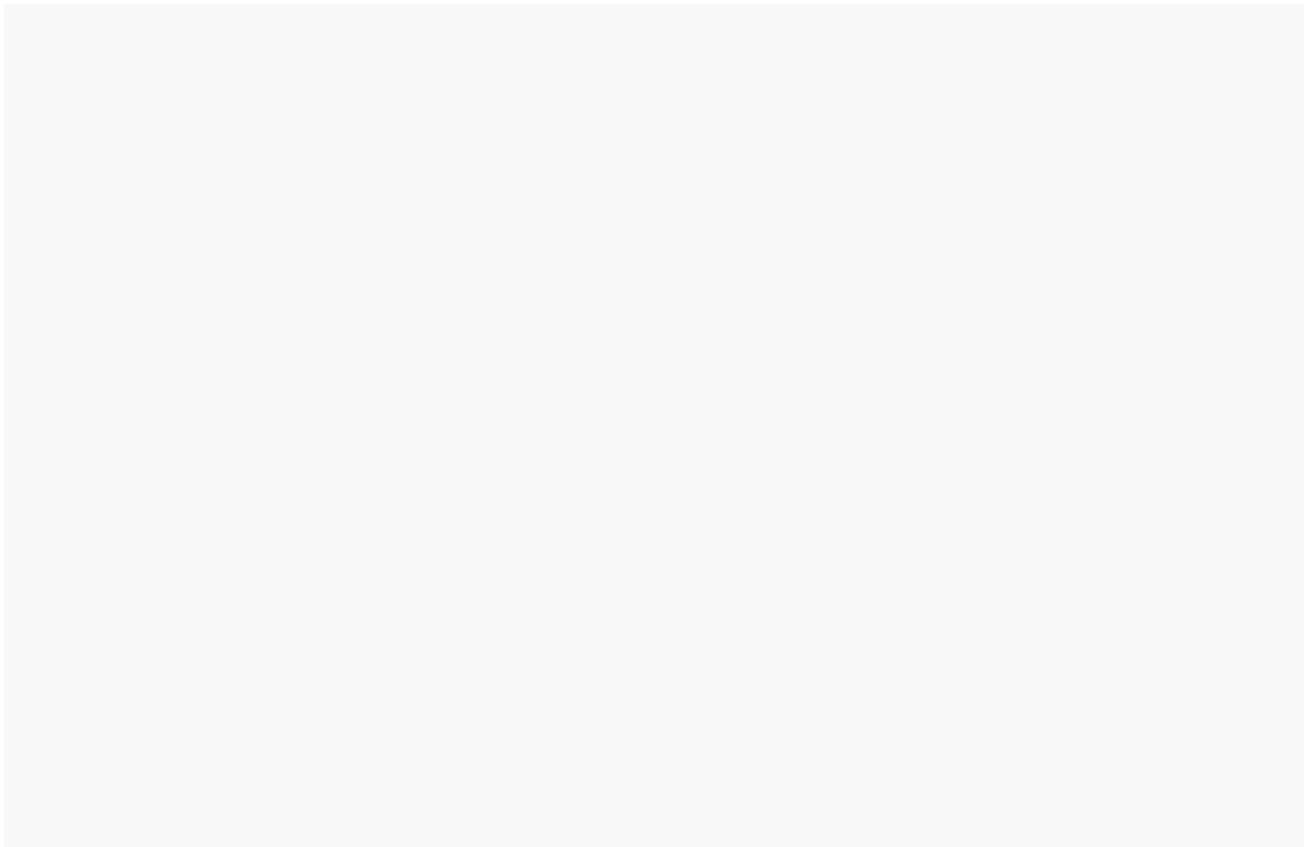
6) CLOSING GRATITUDE

Think of a small thing from your day that brought a smile or comfort. Hold onto that thought for a moment.

7) RESTFUL TOUCH

Finish by wrapping your arms around yourself in a gentle hug or placing one hand over your heart. This physical connection reinforces self-support & love.

What other steps could you add for a more personal ceremony.



CONTINUE YOUR HEALING JOURNEY

Thank you for dedicating time to delve deep into your grief journey with us today. The path to understanding and healing is ongoing, and we're here to support you every step of the way.

"Coping with Loss," is just the first of our five-part webinar series dedicated to expanding grief literacy and holistic healing.

Coming Up: Unlock Your Body's Wisdom for Grief Healing on October 4th

Dive deeper to:

- Unravel the therapeutic essence of yoga for releasing pent-up emotions.
- View grief as not just a challenge, but a transformative catalyst.
- Cultivate a harmonious balance between emotional turbulence and inner tranquility.

Embark on the Entire Series for Holistic Healing. Explore the depths of each phase, gathering tools and insights to journey through grief with grace, resilience, and understanding.

EXPLORE & REGISTER