

OMEGA

Rhinebeck, New York

Hello!

I am so excited you will be joining me for a five -day journey of a lifetime at the beautiful and restorative Omega campus. I will be facilitating some powerful grief work with you using exercises, discussion, journaling, art, movement, and music to assist you in recognizing obstacles in healing and developing a grief journey plan. This plan will help to assist you in living a full life after loss. I have been teaching a course on grief at the college level at a public university for the last 15 years and it has a 3-year waiting list. You will be doing much of the same work. If you would like to learn more about the course and me, please visit www.thedeathclass.com

You don't have to wait until August for the workshop to begin. Making the intention to come means that you are beginning your journey right now. Here are some things you can do to prepare:

- 1) Read the book, **The Death Class: A True Story About Life. By Erika Hayasaki** It's available online at www.amazon.com, Simon and Schuster and at bookstores everywhere. Remember, even though the book chronicles my course on death; every loss, any ending or change in relationships needs to be acknowledged and grieved even if the ending was our choice.
- 2) Buy a new journal and bring it to the workshop. I say a new journal because you will want to keep this work separate from other work you may be doing in a journal. Start a list of things you may want to "clear out" over our 5 days together.
- 3) We will be doing some movement exercises so wear loose comfortable clothes.
- 4) Be open to a transformative process.

I look forward to supporting you in this journey.

See you at Omega!

Wishing you love and compassion,

Norma

Awakening the Best in the Human Spirit