

JOY BEYOND GRIEF

Vermont Women's Weekend
Friday, Oct 15 through Sunday, Oct 17
Arrive at 5pm on Friday, Depart 7pm on Sunday

Joy Beyond Grief Retreat is for women who have experienced a significant loss and who feel like grief is getting in the way of them living fully. This program provides a holistic approach to grieving, healing, and thriving after loss. Judy is an Advanced Grief Recovery Specialist trained through the Grief Recovery Method by the Grief Recovery Institute.

According to the Grief Recovery Institute, "grief is the conflicting feelings that come at the end of, or change in, a familiar pattern of behavior." The conflicting feelings – Not the bad, sad, terrible feelings when someone dies or when a loss occurs, but rather, the conflicting feelings that come when things change.

My goal is to help normalize the experience and feelings you are having and to let you know that you are not alone. Joy Beyond Grief is not about giving you hope of finding joy again, it IS about giving you a proven strategy, a tool kit, and compassionate facilitator to walk beside you so you can get there. Judy is no stranger to loss as she has experienced the loss of a child, two sisters, her mom, her marriage, several extended family members and friends. She is a compassionate, loving and listening heart with ears with a powerful toolbox for change!

PROGRAM INCLUDES:

- Grief Recovery Method with Handbook – Completion of one relationship related to loss
- Mediumship through Table Tipping
- Mediumship through Psychometry
- Yoga/Meditation
- Grief Recovery Handbook (unless you already have it)
- Expressive Art (Vision Boards, Candlelight Vases, Treasure Chest, Affirmation Plate)
- Gail Sauter, Integrative Nutrition Health Coach providing all food for retreat. www.therighttrackwellness.com

Retreat includes lodging (double occupancy) coffee, tea, water, seltzer water, light snacks, continental breakfast, lunch & dinner or Saturday & Sunday night.

\$799 per person (Maximum of 9)

To hold your spot, contact Judy @ judygiovangelo@gmail.com

Learn more about the retreat center at
www.evolve.com/vacation-rentals/431486

www.judygio.com

Judy
Giovangelo

