

# **Memories Yoga**

## **Honoring Fathers and Other Loved Ones**



**7:00 PM, June 14, 2017**  
**Lyndhurst Community Presbyterian Church**  
**5312 Mayfield Road, Lyndhurst, Ohio**

Father's Day is a wonderful opportunity to celebrate fathers, as well as those who have served as fathers to us. Retail stores are flooded with sales featuring "gifts for dad," plans are made for family cookouts, and cards are sent to honor the fathers in our lives.

However, for those who have lost a father, Father's Day might well be one of the more difficult days of the year. Memories of the past resurface, reminding us of the holes in our hearts left by our loved ones. It can be hard to cope silently with sorrow, and all too easy to feel abandoned and alone in our grief.

If you or someone you know has lost a father, grandfather, or any loved one (male or female), you are invited to attend Memories Yoga at 7:00 PM on Wednesday, June 14, at Lyndhurst Community Presbyterian Church. Through gentle stretches, restorative poses, and guided meditations, Memories Yoga will help you process your grief and heal your heart.

Please bring a photo of your loved one(s), as well as your mat if you have one, along with any props you may want to use (blocks, bolster, blanket). We will have some available if you need them; just be sure to call the church office at 440.442.2331 so we can reserve the equipment for you. No special attire is needed—just wear comfortable clothes that allow movement. There is no cost to attend, although donations are gratefully accepted.

*Questions? Please call Rev. Nancy Lynch (RYT200) at 973.615.5557.*