



Loss & Grief are life long companions of every human being. In this class discussion we first define both loss and grief, then discuss the anatomy of grief. This sheds light on what actually happens in your bodies to create the state of grief. Grief is characterized by several emotional, mental, and physical states and moving through these states can be aided by several transformative exercises which you will learn in this class discussion. These exercises are designed to bring balance to the emotional, mental, and physical aspects of grief, loss, and separation, ultimately allowing you to move past the event or situation. Join us as we discuss moving through loss and grief.

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The Ghedee Centre Presents

# Loss & Grief

## A Ghedee Universal Perspective

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**DATES/TIMES**    **Sunday June 23, 2024 9:30am - 12pm**

**PLACE**                    **THE GHEDEE CENTRE**  
2150 Mariner Square Dr, Alameda, CA 94501  
\*Please enter through the large side door from the parking lot.\*

**REGISTER**                (510) 854-9987, 9 am-5 pm or [wiah@i-wiah.com](mailto:wiah@i-wiah.com)  
\$20 per person with advanced registration or \$30 at the door  
**Register online at [theghedeecentre.com](http://theghedeecentre.com)**



[i-wiah.com](http://i-wiah.com)

### ABOUT THE FACILITATOR

Wiah is a Ghedee Master, counselor, teacher, and facilitator with over 30 years of experience in various healing modalities. He began his Teachings in West Africa and has dedicated his practice to teaching Ghedee Philosophy, and assisting those in need of Guidance, Awareness & Balance.