



UNDERSTANDING DEATH AND PASSING FOR EVERYONE

EXPLORE HOW THIS JOURNEY CAN INFORM
OUR LIVES WITH WISDOM AND COMPASSION.

UNIQUE PEOPLE.
UNIQUE NEEDS.

Is someone you love dealing with death and passing?

Do you want to understand more about what happens when we die?

How do we give compassion to ourselves and others?

Some of the topics we'll cover are:

- Different states of passing from a holistic perspective
- Managing stress
- Establishing presence within yourself
- What happens when we die
- Communication with your loved one and providers
- Creating a loving place to pass
- Practical care for yourself and your loved one
- The life of compassion for yourself and others



Contact Lisa with your questions and to register.

Cost is \$175.

GET IN TOUCH

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