

**PRACTICE PAUSING:**  
How to Have the Courage to Sit with your Truth  
with LIS GRIFFIN



Bring the power of the pause into your life

**Fall Yoga Series of 6 - Tuesdays 5.30pm**

All yoga levels are welcome

**September 17, 24, October 8, 15,  
November 5, 12**

*(our last class of the fall will be held on a full moon!)*

The purpose of these yoga classes is to practice with the intent of processing grief or difficult emotions, so those emotions don't get stuck in our bodies.

Included in the first yoga session is the journal -

***Inside the Belly of the Whale***  
*a right-brained approach to processing grief, loss, trauma and secondary trauma.  
The journal is a sequence of original images that are on the right, and blank pages on the left for processing.*

Classes are 75-90 minutes. First class is \$65.00 and subsequent classes are \$20 per class.

All 6 classes - \$165.00

Space is limited, an RSVP is required

*\*To be clear I'm a guide, yoga instructor, artist and speaker, I'm not a therapist and these teachings are not to take the place of therapy but to enhance.  
There are many resources that I can share if you need direction.*

All classes are held at Catspaw Studio in Wheat Ridge CO  
the studio is open at 5pm  
please email or text for exact address

This series is available for private groups.

SPEAKER ~ AUTHOR ~ ARTIST ~ YOGI

Contact: Lis at 303-431-9870

[griffin@keeperofthetreasure.com](mailto:griffin@keeperofthetreasure.com)

<https://KeeperOfTheTreasure.com>



INSIDE THE BELLY OF THE WHALE  
LL GRIFFIN

A JOURNAL FOR GRIEF - LOSS - TRAUMA