


# Honoring Your Pets Life, After Your Loss

**Saturday 8<sup>th</sup> May, 2010**  
10am – noon

Presented by:







**North East Structural Yoga Therapy**  
175 Rochester Street, Berwick, ME  
\$35 per person, Save \$5 when signing with a friend.  
**Advanced Registration required:**  
Debora Warner (603) 817 6882  
[www.nesy.com](http://www.nesy.com) for online registration  
**Facilitator: Michele Lowry, Reiki Master**  
(207) 289 0009, nikoetherapies@yahoo.com



This Ceremony is dedicated to Alex, who will always be known as a 'one of a kind' puppy. His philosophy was that life is one big party. He didn't have a care or worry in the world. This is what made him so unique and so lovable. He was very loved and is dearly missed. We hope that Alex is able to use his energy to help others as much as he did us. We miss you Alex.....Kim, Ellen, Oli & Maddie



During this 2 hour workshop reconnect through:

-  Meditation & Smudging Ceremony
-  Express your feelings through writing
-  Using Sage to seal your writings
-  Sharing a story
-  Finding closure through poetry
-  Healing in a safe, supportive environment