

Course Outline

I am happy to outline below the contents of the online pet bereavement course.

This course includes meditations and exercises to assist you in moving through the grieving and healing process.

You can work through the course at your own pace and return to any of the exercises or meditations as often as you wish to.

The pdf documents and you tube video links will be sent to you by e-mail.



- Introduction (and video)
- Grounding Meditation (and video)
- Gratitude List exercise
- Three Part Breathing exercise
- Mindfulness Walking exercise
- Photo Collage creative exercise
- Heart Space Meditation (and video)
- Signs from Heaven
- The Next Step
- Additional support
- Poems

Your investment for this course is £22.00.