

Course Outline

Firstly, I would like to say from my heart how sorry I am for the loss of your beloved animal.

This course aims to assist you in moving through your grief and your healing journey so that you may experience greater peace.

You will receive the course in pdf files, which include; meditations, exercises and techniques to work through at your own pace and repeat as many times as you wish.

The pdf files will be sent to you by e-mail when you purchase the course.



- Introduction
- Grounding Meditation
- Gratitude List exercise
- Three Part Breathing exercise
- Mindfulness Walking exercise
- Photo Collage creative exercise
- Heart Space Meditation
- Signs from Heaven
- The Next Step
- Poems
- Resources and Support

Your investment is £22.00