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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
November 12th 2014: Light in Blue Shadows

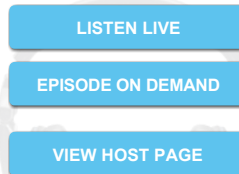
Eddie Hartshorne was a therapist, meditation practitioner and musician, comfortable with facilitating change and working for peace. But nothing could have prepared her for the loss of her 20 year old son and the possibility that he had killed himself. In *Light in Blue Shadows*, a deeply felt memoir, Edie takes us into her grief and plumbs the depths of her pain and non-acceptance through to making peace with her loss. Join us to talk about the necessity of grief, even for those of us who accept death as a fact of life. Hear how she slowly felt her way back to her joy and fulfillment without for

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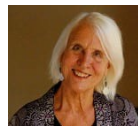
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Featured Guest



Edie Hartshorne

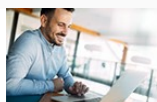
Edie Hartshorne, M.S.W., and certified Feldenkrais® Practitioner combining spiritual inquiry with music, poetry, and somatic practice. With over 35 years of counseling experience using meditation, somatic practices and music, Edie's guidance promotes new insights and a sense of well being.

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