

A Matter of **Life** and Death.

29 & 30 March 2025



***I learned that every mortal will taste death.
But only some will taste life. (Rumi)***

Let's talk about about living, loving, losing and dying. So far, so miserable, right? Wrong. We live in a death-phobic culture and our beliefs about death and dying affect how we live. To fear death is to fear life. To embrace our lives fully we must come to terms with loving, loss of all types including

bereavement. And we must of course include our own ending. And ideally, not leave contemplation of this until it's too late. So this is a workshop designed to open up a conversation about what is, arguably, the most taboo topic of all - death.

We will explore this issue through experiential and creative exercises. We'll begin by examining the losses we've incurred thus far—family members, significant others, friends, and animal companions. We'll also look at other types of losses—youth and vigour, chronic health issues, separation and divorce, and so much more. This exploration is not just about loss but also about the potential for personal growth and resilience.

Using myths and creative exercises, sharing in small groups, we'll draw upon the works of some of the great teachers—the Dalai Lama, Stephen Levine, Clarissa Pinkola Estes, Rumi, and others.

And for those of us who work as therapists, we'll ask how to help others with their suffering. And how can we help others if we have untreated grief?

Who's the Workshop For?

Anyone interested in the subject is welcome. In the healing atmosphere of Violet Hill Studios in St. John's Wood, you'll find a safe and guided space to explore this subject. I hope you will be more fluent in the language of loss and feel more awakened to the experience of life

as an opportunity than you perhaps did when you arrived.

Dates: 29 & 30 March 2025

Fee: £290

Location: Violet Hill Studios,
London, NW8 9EB

To book: Visit my website and scroll down to the appropriate workshop. Or email me.

Hover your mobile phone camera over the QR code below to visit my website workshop page.

Email: lynn@lynnsomerfield.com

Website: www.lynnsomerfield.com

About the workshop leader

I am UKCP accredited and have been a psychotherapist and supervisor in private practice for 26 years. Throughout that time, I have facilitated regular workshops on a variety of topics, and I bring a wealth of experience and expertise to this exploration of loss and grief.

