

Monique Minahan is a writer, mother, yoga teacher, and the creator of *The Grief Practice: Trauma-informed yoga that welcomes grief*. She creates a safe and supportive container for people to move with and through all kinds of loss.

At the age of twenty-five she lost her husband, Nathan, to a complication with one of his chemotherapy drugs. She struggled with complicated grief and major depression for many years. Six years later Monique started practicing yoga. She credits the practice of yoga with taking her from surviving to thriving.

She teaches trauma-informed classes that blend whole-brain movement with plenty of new and novel movements for brain and body health and growth. Her classes address and allow for the whole human experience, ultimately honoring the innate healing ability of every human being and every human body.

As the mama of a sweet and energetic preschooler, it may appear she's been "healed" or "moved on," but her grief practice is ongoing. She works at leaving room in her heart for it to transform, resurface, inform and inspire her life every step of the way.

Monique's writing has been featured on HuffPost and elephant journal. Currently she is compiling her unique approach to grief through yoga into a book called *The Grief Practice: Stories of Surviving Loss & Practices for Supporting Loss*. www.moniqueminahan.com