

Death Mat Yoga™: Contemplative Workshop for a Year of Purpose
With Sarah Jane Shangraw, MA, E-RYT 500, YACEP
Sunday, January 3, Noon-3pm EST (U.S.)
Via Zoom

Life and death define each other. Feeling the fleeting nature of life can help us live with more purpose and joy.

In this year, where sickness and death have colored much of our collective experience, Sarah Jane is offering her “Death Mat Yoga” workshop online for the first time.

Drawing on Buddhist teachings related to impermanence, she invites an open-hearted contemplation of death in order to cultivate gratitude and joy for what we have now, and to align our future efforts with our deepest aspirations. Put simply, contemplating mortality engenders joy for the here and now, and can help us live better.

Through yoga, meditation, contemplative journaling, and discussion, we will tap into our innate wisdom and compassion and initiate a year of inner blossoming. Be ready with your mat, cushions, journal, and tea! Note it can be lovely to participate with a friend.

Grief can be exhausting and has no expiration date. If you have experienced loss recently, Sarah Jane encourages you to be in touch in advance to discuss the format and supports.

At least 1 year experience with yoga, meditation, or psycho-spiritual inquiry is suggested.

Meet Your Instructor:

Sarah Jane Shangraw (MA, E-RYT 500, YACEP) is a Boston-based mindfulness educator, Insight Yoga teacher, and certified end-of-life doula. Through yoga classes, mindfulness-based courses, and 1:1 sessions she

shares yogic, Buddhist, and psycho-spiritual methods that engender wholeness and connectedness. Her programs are designed to highlight self-inquiry and encourage embodied awareness while including but not overemphasizing physical sequences. Her teaching is trauma-informed and motivated by the idea that when we feel more at home in ourselves--body, heart, and mind--we are better able to skillfully engage in the world.

Academic study in religion and communications, ongoing training in anti-racism and somatic healing, and deep engagement with the buddhadharma have encouraged Sarah Jane to see human beings as full of potential. She is inspired by many teachers and mentors, including Sarah and Ty Powers, founders of the Insight Yoga Institute, for which she serves as a mentor. A member of the International Mindfulness Teachers Association, Sarah Jane provides continuing education to yoga teachers in the areas of meditation and deeper inquiry practices. Since 2019, she and fellow Insight Yoga teacher Jennifer O'Sullivan have addressed these topics as co-hosts of Skillful Means Podcast.

Sarah Jane also has a mission to companion with mindful presence people who are living with a terminal diagnosis or approaching the end of life. From bedsides to boardrooms, studios to prisons, Sarah Jane has known the privilege of demonstrating ways everyone can use ancient and modern practices to tap their inner wisdom, develop their inner resources, and grow.