



✨ You are not alone in your grief. Come be held and release. ✨

Step into a sacred and nurturing space where we come together to honor and release grief through the transformative power of sound and ritual, without verbalising our grief.

Grief comes in many forms. It can manifest in the transitions and changes of life that leave an ache within us.

- ♥ Mourning the loss of a job, career, or dream that defined you.
- ♥ Feeling the pain of a life chapter ending, such as moving away or retiring.
- ♥ Carrying sorrow for a friendship that has drifted apart or ended abruptly.
- ♥ Grieving the loss of stability after significant life changes, such as divorce or relocation.
- ♥ Holding space for the grief of unrealized goals, creative projects, or ambitions.
- ♥ Feeling the collective grief of global events and the state of the world.
- ♥ Mourning parts of yourself—youth, innocence, or a version of you that no longer exists.

In Western culture, grieving in community is rare, as vulnerability can feel overwhelming. Even more so, the inability to find words for our grief often holds us back from expressing it.

Together, as a collective, we will create a sacred, nonverbal space where you can fully experience and release your emotions.

Through vocal sounding, you will be guided into connection with your grief without needing to explain or name it.

This ritual focuses on feeling and moving through grief collectively, rather than expressing it verbally. The power of holding space without action is central to this practice.

Allow yourself to FEEL your grief in the safety of a compassionate "village" and let healing naturally unfold from within.

We will close the ceremony with an immersive sound journey to integrate the experience.


Who is this for?


✨ Anyone grieving "something" or "someone."


✨ Those seeking a safe space to process deep emotions.

✨ Anyone curious about the healing power of community, song, and sound.

Event Details:

 Date: Sunday 2 February

 Time: 14.00 - 17.30

 Location: Dalheda Gård, Dalby 531, 247 94 Dalby

Admission: 390 SEK

Pair Ticket: 650 SEK

Special offer if booked by January 19 Midnight:

Single: 350kr, double 600kr.

Swish "2Feb" to 0762410182.

Kontakt Insa for other payment options or any questions via PM or [insa1976@gmail.com](mailto:insa1976@gmail.com)

Location: Dalheda Kursgård is a beautiful oasis right outside Dalby. Public transport is limited. Please reach out for options of ride-sharing. <https://dalheda.se>

Insa is a Reiki Master, Sound Therapist and Grief Coach.

It is her passion to hold a soft space for deep feelings and create safe gatherings where healing can take place within community.