

## **After the Last Breath**

*finding meaningful connection during the Daisy Days*

### **COURSE DETAILS**

The course is designed to inform and inspire you of the potential for meaningful connection in the period between someone's last breath and their burial or cremation – the time we call the Daisy Days.

No prior knowledge or experience is required.

The course is delivered in 3 parts, over 9 weeks. For each part of the course you will receive by email a recording of a teaching (approx. 1 hour), exercises and links to inspiring and informative articles and videos. There is a live Welcome session and also a live online Q&A/ discussion session (up to 1.5 hours) for each part of the course *which is not recorded*.

In addition, you will receive reference materials by post - the Daisy Manual and our leaflets.

CPD Certificates can be provided. In order to receive a CPD certificate you need to attend the live Q&A/discussion sessions.

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#### **Cost**

The course is offered for £120. All payments go towards the expenses for the course and the work of the charity. If you have difficulty paying, then do get in touch with us – we want everyone who needs it to have access to this information.

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#### **Time Commitment**

All course materials will be available to you long term and the course can be done in your own time if preferred without taking part in the live sessions.

We suggest that to get most value from the course in the short term you listen to the teaching video (1 hour) and attend the live Q&A/discussion sessions (1.5 hours) for each part of the course. To fully immerse yourself in all the optional exercises and materials we suggest allowing at least 7 hours for each part of the course.

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#### **To be clear**

We have been told by previous participants that the course has been helpful in processing difficult or unsatisfactory experiences around death however we do not offer emotional support directly for this. We recommend that you are prepared that it may affect you in unexpected ways and have support available.

The live sessions are focussed on the teaching materials. Sharing of participant's personal experience is welcomed to enrich this material and we do our best to create a safe space for this. However, our main focus is on an educational course and so the live sessions are not offered as a supportive space for sharing emotional vulnerability.

**contact [admin@pushingupthedaisies.org.uk](mailto:admin@pushingupthedaisies.org.uk) for further information**