

Gentle Yoga

GRIEF & TRAUMA-INFORMED

With Amy Pickett-Williams, LCSW, RYT, Trauma-Informed
Yoga Teacher, Psychotherapist and Reiki Teacher

Learn how trauma, grief, and stress are held in our body and how to work with them from a somatic (mind-body) approach. Optional reiki is available.

Everyone is welcome.

Please bring:

- Water bottle
- Yoga mat & any props you need

Donations accepted but not required.

Register by scanning the QR code with your phone camera, or visit lightmvmt.com/offerings/classes.



Every Wednesday
9:30-10:30 AM

Unity Spiritual Center
3021 S University Blvd.
Denver, CO 80210