

Gentle Somatic Movement Grief & Trauma-Informed

With Amy Pickett-Williams, LCSW, RYT
Trauma-Informed Movement Teacher, Psychotherapist

Every Monday, 6:30 to 7:25 pm

Advent Health Porter Hospital
2525 S Downing St. Denver, CO 80210

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

Everyone is welcome.

Please bring:

- Water bottle
- Fitness mat (we have extras to borrow)
- Any other props you may want

Donations accepted but not required.

Sign up by scanning the QR code with your phone camera, or visit lightmvmmt.com/classes.



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