

Gentle Yoga Grief & Trauma-Informed

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

Every Wednesday, 9:30 to 10:25 am
Unity Spiritual Center | Family Village Cooperative
3021 S University Blvd, 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. Optional reiki is available.

Everyone is welcome.

Please bring:

- Water bottle
- Yoga mat (we have extras to borrow)
- Any other yoga 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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