

Current Classes

Gentle Grief & Trauma-Informed Yoga

Every Wednesday 9:30-10:30AM

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

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

Donations accepted but not required. Register by scanning the QR code with your phone camera, or visit:

lightmvmt.com/offerings/classes



Sketching for Fun

Every Wednesday 10:45-11:45AM

With artist and retired teacher, Betty Arca.

Sketching classes allow time for social engagement & connection around grief. No experience required. Come with an open mind and heart to connect to others as you draw, color, or sketch.

Please bring:

- (1) 8x11 (or bigger) spiral-bound sketch pad
- (2) #2 pencils.



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