



Grief Movement Class

for substance-related loss

Tuesdays
5:15 to 6:15 pm

15-week program
1/14/25 through 4/22/25

This special program uses movement, breath, and sound to embrace a mind-body-spirit approach to compassionately allow sadness and anger to move through. Starting with the first, we will spend three weeks progressively focusing on each of the **5 Stages of Compassionate Transformation**, as we release pain and move toward peace:

Awareness is becoming present, finding safety, identifying where the struggle is in the mind & body, and finding ways to gently warm up our bodies.

Expression uses movement, breath, and sound to help channel and move the pain through, releasing the hurt and making space for more love.

Connection embraces flowing meditations to help embody more grace, gratitude, and love.

Surrender pain and accept love using postures, breath, and sound to explore finding a path to peace.

Evolution explores powerful techniques to tap back into strength, courage, and resilience.

Come join us on our journey through compassionate transformation.

Registration Required – Registration link at OasisBethlehem.org/Calendar

About the Instructor:



“After tragically losing my son Tyler to fentanyl poisoning in 2021, I discovered grief gets trapped in the body. I was drawn to the practice of Grief Movement and began incorporating it into my grief recovery journey. Today I help bereaved people release their pain through Grief Movement.”

~ Traci Millheim, Tyler’s Mom, Forever 24
Grief Movement Guide & Registered Yoga Teacher



OASIS programs are offered to support families and friends impacted by a loved one’s substance-use

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OasisBethlehem.org