

# Grief Movement Class



*Transform pain & struggle using breath, movement and sound. All types of grief are welcome.*

No yoga experience necessary, all movements will be done in a chair. Bring a mat if you would like to lie down for the Guided Meditation at the end of class.

Thursdays @ 5:30pm

Edgeboro Moravian Church~645 Hamilton St, Bethlehem

Cost-\$12 per class

Hosted by Traci Millheim~Grief Movement Guide and certified yoga teacher

Contact Traci at [tracimillheim@gmail.com](mailto:tracimillheim@gmail.com) to reserve a spot for more info.

