

# Journey of You Through Grief

*A Six Week Journey with Mikki Proffitt*

*Using the Power of Movement, Sound, and Breath*

*Where loss meets love — and hope begins.*

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You are not broken. You are not behind. You are simply someone who has loved — and love, when it loses its place to go, becomes grief. This six week journey is an invitation to give it somewhere to go, in the company of others who understand, held in safety, witnessed with love.

***Journey of You Through Grief*** is a six week journey where you will be held in a safe and sacred container — created for you to move into, with, and through your grief, in the company of sacred community.

Through the gentle power of movement, sound, and breath, you will be safely and compassionately guided every step of the way.

*Choosing to walk this path takes courage.* And that courage — the willingness to show up for yourself and your grief — is where healing begins.

Your guide is **Mikki Proffitt**, Certified Grief Movement Guide, who brings years of experience holding sacred space for those navigating loss — with warmth, wisdom, and her whole heart.

Whatever your loss — a person, a relationship, a dream, a part of yourself, or time itself — **your loss matters because you matter.** Every heart is welcome. No experience needed. Come just as you are.

*You will be witnessed. You will be honored. You will be held. And you will not walk alone.*

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**Dates:** Sundays, April 27 — May 31, 2025

**Time:** 4:00 PM — 5:30 PM

**Location:** The Well · 222 Lincoln Street · Port Angeles · Enter at Lower Level

**Investment:** \$120 for the full six week journey

**Space:** Limited to 15 participants

**Registration:** [\*\*CLICK HERE TO REGISTER TODAY\*\*](#)

*This is where loss meets love — and hope begins.*