



**Volunteer Hospice**  
OF CLALLAM COUNTY

**SOUL CARE**  
**SPEAKER SERIES**

**Shadow Work** -- Amy Wright Glenn

**Wed. Jan. 8, 2025, 12:30 PM – 2 PM**

**FREE – Online**

**Register at [volunteerhospice.org](https://volunteerhospice.org)**

Join author, birth/death doula, yoga teacher, hospital chaplain Amy Wright Glenn as we explore why shadow work is important -- especially for those called to hold space for life's sacred threshold points like birth, death, deep transformative change/loss.

During this interactive presentation, you will be guided to consider pathways that support you to acknowledge, reconcile with, and/or integrate the pain, hurt, disappointment, loss, envy, fear, failures, betrayal, and anger you've known. It is essential to the work of holding space to be in dialogue with aspects of self too often relegated to the subterranean levels of awareness. Whether you are drawn to shadow work because it will help deepen your professional work or because you are currently working with a challenging personal struggle, the examination of one's shadow is important. It is courageous work leading to a more integrated life and increases our capacity to hold space for both birth and death.



Amy Wright Glenn (she/her) earned her MA from Teachers College, Columbia University. She taught for eleven years in The Religion and Philosophy Department at The Lawrenceville School in New Jersey earning

the Dunbar Abston Jr. Chair for Teaching Excellence. Amy is a Kripalu Yoga teacher, birth and death doula (DONA and INELDA trained), hospital chaplain, and Birthing Mama® Prenatal Yoga and Wellness Instructor.

In 2015, Amy founded the Institute for the Study of Birth, Breath, and Death, known for its innovative course design and teacher training programs. In addition to directing the Institute, Amy serves as co-director of Middle School at The Odyssey School in Asheville, North Carolina. She teaches yoga at The Riveter, volunteers with the Big Brother, Big Sister program through United Way, and is active in her local Unitarian Universalist faith community.

Amy is the author of Birth, Breath, and Death: Meditations on Motherhood, Chaplaincy, and Life as a Doula and Holding Space: On Loving, Dying, and Letting Go. She recently contributed a chapter entitled "Grief Work for Teachers: Three Practices in Holding Space for Sorrow" in a 2023 anthology Reframing Self Care published through the Center for Spiritual and Ethical Education (CSEE). Her work has been featured in numerous online publications.

**Information: 360-452-1511 or [astrid.r@vhocc.org](mailto:astrid.r@vhocc.org)**