



Lori Volpe | Lori@OpeningIn.com | OpeningIn.com | 856.854.3155, ext. 109

Mindfulness & Compassion

A Path for Transformation

Under the guidance of a professionally trained instructor, these sessions include guided meditations, poems or inspirational readings, discussions and sometimes gentle movement or visualizations.

Every Monday at
7PM - 8PM

Starting Monday July 17, 2023

Participation available in-person or via Zoom

Suggested Donation: \$12 | RSVP at openingin.com/classes

 The Starting Point, Inc. of New Jersey

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startingpoint.org

Open Heartedness | Peace | Embodiment | Purpose
Mental & Physical Awareness | Relaxation

