

## Recommended Resource List

### **Free/Donation-Based & In-Person Atlantic County, New Jersey Resources** *(Listed alphabetically, please contact the organization for information accuracy)*

**Atlantic City Area Friends Meeting-** in Galloway, NJ has free/donation-based adult education and a silent, contemplative practice: <http://www.acquakers.org/>

**Enlightened Café-** in Ventnor, NJ offers free/donation-based yoga and meditation classes:  
<https://hansenfoundationnj.org/events/>

**Gilda's Club-** a "program of social and emotional support benefits anyone touched by cancer. Men, women, teens and children impacted by cancer are welcome here". Gilda's Club is in Linwood, NJ and requires free membership for access to their services: <https://www.gildasclubsouthjersey.org/>

**Grow Yoga-** in Galloway, NJ offers free/donation-based yoga classes: <https://www.growyoganj.com/>

**Hummingbird Yoga-** in Linwood, NJ offers a free meditation group and free/donation-based qigong:  
<http://hummingbirdyoganj.com/>

**Mending Minds, Healing Hearts-** in Linwood, NJ offers free yoga and meditation classes:  
<https://mendingmindshealinghearts.com/>

**The Leadership Studio-** in Atlantic City, NJ offers free yoga classes: <http://www.leadershipstudioac.com/>

**Unitarian Universalist Congregation of the South Jersey Shore-** in Egg Harbor City, NJ offers free meditation groups:  
<http://uucsjs.org/>

**Vaikunth Hindu Jain Temple-** in Pomona, NJ offers free/donation-based yoga classes and meditation groups

### **Recommended Online and/or In-Person Resources**

*(Listed alphabetically, not all resources are free, and quotes are credited to the listed websites)*

**Marianne Williamson-** "is an internationally acclaimed lecturer, activist and author of four #1 *New York Times* bestselling books." <https://marianne.com/>

**Matt Kahn-** "is a spiritual teacher, and highly-attuned empathic healer who has become a YouTube sensation with his healing and often humorous videos." <https://mattkahn.org/>

**Mindvalley-** "is creating a global school that delivers transformational education for all ages."  
<https://www.mindvalley.com/>

**Omega-** "is a nonprofit, mission-driven, and donor-supported educational organization." <https://www.eomega.org/>

**Sounds True-** the "world's largest living library of transformational teachings that support and accelerate spiritual awakening and personal transformation." <https://www.soundstrue.com/>

*I would welcome additional recommendations for free/donation-based resources in southern New Jersey. Please message me, Corrine Kopp, through my website with any suggestions. Thank you.*