



“INNER WISDOM” A Monthly Women’s Gathering

The 3rd Friday of each month, Holistic Health Practitioner and Wellness Educator Lynn Pridmore offers an evening for women of all ages to engage in conscious conversation, reconnect with their inner wisdom, cultivate inner harmony, deepen their self-connection and embrace their highest potential.

In this welcoming, inspiring, restorative space, we will engage in practices such as meditation, mindful movement, somatic therapy, mindset mastery, heart-centered creation, and other transformative techniques to support your journey toward wholeness and self-mastery.

Please join us for an enriching evening of renewal, connection, fulfillment and fun!

“INNER WISDOM”

THIRD FRIDAY OF EACH MONTH!

7:00 – 9:00 pm

22 East Main Street, Mendham, NJ

**\$40 via Venmo to Lynn-Pridmore
(last four digits 7771)**

Bring a yoga mat, blanket and water. Tea and light snacks will be served.

Mark your calendar for remaining 2025 gatherings!
June 20, July 18, Aug 15, Sept 19, Oct 17, Nov 21, Dec 19

For additional information or to register, please contact Lynn Pridmore
Lynn@SpiritHealingAndWellness.com or 201.572.7771