



“INNER WISDOM” A Monthly Women’s Gathering

The 3rd Friday of each month, Holistic Health Practitioner and Wellness Educator Lynn Pridmore will offer an evening for women to 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, conscious conversation, and fun!

“INNER WISDOM”

FRIDAY, MARCH 21st

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 future gatherings!

Apr 18, May 16, 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