

A woman with long, wavy hair is sitting in a meditative pose on a sandy beach. She is wearing a light-colored, flowing dress. Her hands are resting on her knees in a mudra. The background shows the ocean and a clear sky. The entire image has a soft, pinkish-red overlay.

Meditation Minutes

\$125/5 week class

*Join us for a beautifully relaxing hour of
visualization work
and relaxation techniques
that help us let go of
anxiety and stress.*

*Every Wednesday beginning
3/11 thru 4/8
Belmar, NJ*

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*Love Always Lucie
Lucie Dickenson*