



NUTLEY FAMILY
SERVICE BUREAU

Gratitude Meditation Circle

Connect with the gratitude in your heart

“Gratitude opens the door to the power, the wisdom and the creativity of the universe. You open the door through gratitude.” – Deepak Chopra

The focus of this meditation workshop is heart connection. You will be guided to reflect on the people and experiences in your life for which you feel gratitude, and in doing so may open your heart to embrace a fuller appreciation



Where: Nutley Family Service Bureau, 169 Chestnut Street, Nutley, NJ

When: Monday, November 21st 6:00 pm-7:30 pm

How: Please contact NFSB at 973-667-1884 to register.

Bring: Yoga mat/blanket and journal. No meditation experience is necessary. Come as you are.

Donation: \$15 suggested.