



NUTLEY FAMILY SERVICE BUREAU

Meditation Workshop for Couples

Learn practices to cultivate mindfulness, compassion and deep listening in your most intimate relationship.



Couple meditations are simple and powerful ways to relax together and to form a more secure bond. Also, couple meditations have been found to be an effective tool to help couples keep their cool when they are in conflict. During this interactive workshop, you will learn several quick meditational techniques and leave with instructional handouts for reference.

Please bring your favorite candle with you.

When: Monday, February 20th, from 7:00 pm to 8:00 pm

Where: NFSB Annex, 169 Chestnut Street, Nutley, NJ 07110

Suggested Donation: \$30.00 per couple.