

April 2 - May 28, 2020

Open Heart Meditation with Sarah Wolfy

Company: The Muse Brooklyn

Venue: The Muse Brooklyn

Location: Brooklyn, NY

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Open Heart Meditation with Sarah Wolfy



Stephanie Sinclair

Open Heart Meditation is an exploration designed to enter the parasympathetic nervous system through feeling rather than thinking, to cultivate more self love and more compassion for all beings.

Join here: <https://zoom.us/j/658421689>

Donations welcome via MindBody registration, Paypal (themusebrooklyn@gmail.com - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn
<https://zoom.us/j/658421689>
Brooklyn, NY, 11237

Schedule
April 2, 2020: 1:00pm
April 9, 2020: 1:00pm
April 16, 2020: 1:00pm
April 23, 2020: 1:00pm
April 30, 2020: 1:00pm

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