

Forgiveness as a Path to Love



Dr. Dan Gottlieb & Lori Volpe

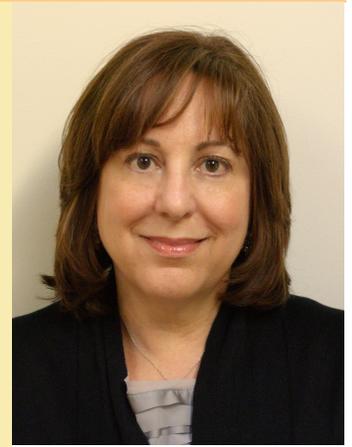
Tuesday evenings ♦ 7:00 – 9:00 p.m.

March 27, April 3, 10 and 17, 2018

Yoga for Living

1926 Greentree Road, Cherry Hill, NJ

\$250



This four-week series will provide an opportunity for transformation and healing. Together we'll explore how unhealed resentments can hinder our ability to fully experience love and how forgiving others and one's self can open our hearts and help us to let go of lingering anger, bitterness and resentment.

Participants will

- Learn what forgiveness really means and its proven benefits
- Identify, process and begin to let go of resentments and disappointments
- Explore the fear of letting go
- Recognize current patterns of behavior that may be related to wound
- Practice meditations that can lead to forgiveness of the self and others
- Practice techniques that help remove blocks to self-compassion

Through asking forgiveness from those we may have harmed and cultivating forgiveness for those who have harmed us, we can live lives of greater compassion and well-being. Join us in exploring the powerful process of forgiveness and what it can mean for you. **For more information or to register email: lorivolpe@verizon.net.** *Spaces are limited; early registration is recommended. Note: Although we will practice mindfulness throughout the course, we will not offer instruction on technique during classes.*



Dr. Dan Gottlieb is a therapist in private practice. He is loved and admired by many who know him through "Voices in the Family," an award-winning mental health radio show aired since 1985 on WHY 90.9 FM, and through his highly regarded column that he wrote for the Philadelphia Inquirer. Dr. Dan has also published four books, including the international bestseller: Letters to Sam: A Grandfather's Lessons on Love, Loss, and the Gifts of Life, and has delivered over 1000 lectures all over the world on a variety of topics affecting the well-being of people, families and the larger community. For more information about Dr. Dan, visit DrDanGottlieb.com.

Lori Volpe has been facilitating mindfulness meditation classes for the Penn Program for Mindfulness since 2011, and has co-taught mindfulness classes for Penn's medical and nursing school students. She has been teaching and developing curriculum with Dr. Dan for several years. Lori is also an administrator of a non-profit meditation center. For more information about Lori visit OpeningIn.com.