



## Free Mindfulness Meditation Meetings

### White Hall Meditation

In-Person Meetings – Crozet Library

First Wednesday of every month – Zoom Meeting

Zoom Link: [whitehallmeditation.org](http://whitehallmeditation.org)

12 Oct, Saturday Crozet Library (In Person) 3:00-4:30 pm

23 Oct, Wednesday, Crozet Library (In Person) 7:00-8:15 pm

6 Nov, Wednesday, (Zoom), 7:00-8:15 pm

9 Nov, Saturday Crozet Library (In Person) 3:00-4:30 pm

20 Nov, Wednesday, Crozet Library (In Person) 7:00-8:15 pm

4 Dec, Wednesday, (Zoom), 7:00-8:15 pm

7 Dec, Saturday Crozet Library (In Person) 3:00-4:30 pm

18 Dec, Wednesday, Crozet Library (In Person) 7:00-8:15 pm

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**Reduce stress in your life. Find greater peace and well-being.**

**All Are Welcome, beginner and experienced meditators alike.**

**Listen** to experienced meditation teachers including Laura Good (in person) and Bob Hodge ([Zoom](#)) on how and why to be mindful and how meditation practice can help.

**Practice** the basics of Vipassana (Insight meditation), a form of mental training that will support you to see more clearly and experience the world in an entirely new way.

**Experience** maybe for the first time what is truly happening to you, around you and within you. It is a process of self-discovery, a participatory investigation in which you observe your own experiences while participating in them, and as they occur.

**Build community** with others for mutual support and continuing practice.

*White Hall Meditation (founded in 2013) is a 501(c)(3) nonprofit organization dedicated to making the study and practice of Insight Meditation (Vipassana) available to the local community of Albemarle County including Crozet and Charlottesville.*

**For More Info:** [whitehallmeditation.org](http://whitehallmeditation.org)