



In-Person—White Hall Meditation Free Mindfulness Meetings Are Back

Upcoming Dates – Crozet Library

Wednesday 24 May (6:30-8:00 pm)

Wednesday 31 May (6:30-8:00 pm)

Saturday 10 June (3:00-4:30 pm)

Wednesday 28 June (6:30-8:00 pm)

Reduce stress in your life.
Find greater peace and well-being.
All Welcome, beginners and experienced meditators alike.

Listen to experienced meditation teachers including Laura Good, Teacher White Hall Meditation Community and long-time meditator, 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 with like-minded people.

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 dedicated to making the study and practice of Insight Meditation (Vipassana) available to the local community of Western Albemarle County including Crozet and Charlottesville.

For More Info: whitehallmeditation.org