



In-Person and Zoom Meetings—White Hall Meditation

Free Mindfulness Meetings

In-Person (IP) Meetings – Crozet Library

Zoom Meetings Link – Check: whitehallmeditation.org

6 September, Wednesday, (IP), 7:00-8:30 pm

16 September, Saturday, (IP), 3:30-5:00 pm

20 September, Wednesday Zoom, 7:00-8:15 pm

4 October, Wednesday Zoom, 7:00-8:15 pm

14 October, Saturday, (IP), 3:30-5:00 pm

25 October, Wednesday, (IP), 7:00-8:30 pm

1 November, Wednesday Zoom, 7:00-8:15

18 November, Saturday, (IP), 3:30-5:00 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