



Free Mindfulness Meditation Meetings

White Hall Meditation

In-Person Meetings – Crozet Library

First Wednesday of every month – Zoom Meeting

Zoom Link: whitehallmeditation.org

24 April, Wednesday, Crozet Library (In Person) 7:00-8:15 pm

1 May, Wednesday, (Zoom), 7:00-8:15 pm

18 May, Saturday Crozet Library (In Person) 3:00-4:30 pm

29 May, Wednesday, Crozet Library (In Person) 7:00-8:15 pm

5 June, Wednesday, (Zoom), 7:00-8:15 pm

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