

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Insight Meditation

Date and Time

every 2 weeks on Tuesday at 4:30pm until Tuesday 2/27/2024

Event URL

[Register Here](#)

Event Region

Charlottesville Area

Event Type

Class

Event Cost

\$30.00

Event Description

Insight Meditation will be on Tuesdays, February 13 and 27, 2024, from 4:30 pm until 6 pm. This mindfulness-based meditation class will offer simple meditation and relaxation techniques. Barbara Martin shares a healthy way to relax and de-stress, promoting a positive frame of mind and helping to gain insights into life's challenges.

No experience necessary. Open to all. For more information or questions, call (434) 974-7756. Prime members free; Standard members \$15; Guests \$30. Register. Other sessions will be on April 2, 16 and 30.

Event Image or Sponsor Logo

Image

