

The Newcastle Meditation Centre

During the coronavirus find their online sessions and book in advance.

The Newcastle Meditation Centre is a safe, welcoming and neutral space, wholly dedicated to the learning and practice of mindfulness and meditation.

They offer a regular programme of weekly 'Just Meditation' drop-in classes, an ongoing programme of courses and workshops, as well as opportunities for groups and individuals to hire the space for their own meditation related activities.

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Website: <https://newcastlemeditation.com/>

Twitter: <https://twitter.com/NewcastleMedit1>

Facebook: <https://www.facebook.com/newcastlemeditationcentre/>

Address:

71b Westgate Road
Newcastle upon Tyne
NE1 1SG

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