

Online Drop-In Meditation Sessions on Mondays

The online meditation sessions offered whilst the Meditation Centre is closed will be similar in style to the drop-in classes at the Centre.

Meditation sessions will be on:

Mondays 8.00-8.20 am

Wednesdays 10.30-11.30 am

Saturdays 10.30-11.30 am

To attend the sessions you must register online. Please see their website for instructions.

Last updated: May 21, 2020

Organiser: The Newcastle Meditation Centre

Useful Organisations

The Newcastle Meditation Centre

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