

## Online Drop-In Meditation Sessions on Saturdays

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

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## Useful Organisations

### The Newcastle Meditation Centre

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