

Learn to Meditate @ No Formal Charge!

at Center for Mindfulness & Insight Meditation



The Center for Mindfulness & Insight Meditation does not charge a fee for our events. We operate solely on generous donations, without which we would not exist! Please visit www.ReddingMeditation.org to register for events.

Terms and Conditions

Must follow Covid-19 Guidelines. Open to public only for in-person meditation hours.

Exp: December 31, 2021