

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

Open to public only for in-person meditation hours.

Exp: December 31, 2023