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Meditation on the Inner Light, Online

Date and Time

Monthly on the second Tuesday at 1:00pm for 6 times

Event URL

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Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Meditation on the Inner Light - Online Tuesday, December 22, 2:00–3:00 pm (meets the 2nd and 4th Tuesday of each month) Experience refreshing moments of calm, balance, and peace anytime you want through meditation. Gerry Gorman, student and practitioner of meditation for over 40 years, presents a very simple and gentle form of meditation that can help improve your physical, mental, and emotional health. Free and open to all.