

## Meditation Classes

### **Mindfulness Meditation with Rev. Dr. Viviana Collazo**

**Monthly, first Tuesday, 6:00-7:15pm, \$11**

6965 Piazza Grande Avenue, Suite 308, Orlando, FL 32835

(407) 203-5090, <http://www.mywholehealthlife.com/>

### **Breathing and Meditation with Edely Wallace**

**Saturdays, 8:45-9:45am, \$20, packages available**

Yogamatrix Studio, 7601 Della Drive, Suite 5, Orlando, FL 32819

(407) 354-0909, <http://www.yogamatrixstudio.com/>

### **Meditation with Anne McDonough**

**On your schedule, \$50/hour for individuals, \$15/hour with a minimum of 4 per group**

Tranquiliti Wellness Center, 503 Main Street, Windermere, FL 34786

(407) 448-0244, [www.tranquilitiwellnesscenter.com](http://www.tranquilitiwellnesscenter.com)

**Peter Carlson** teaches periodic mindfulness meditation classes. He is based in Winter Park, FL but classes vary in location. Visit <http://orlandoinsightmeditation.org/> for current offerings.

**Eva Fajardo, LMHC** offers periodic groups, typically near Winter Park. Call (407) 490-2778 for current offerings.

**Elizabeth Cohen** offers periodic **8-week Mindfulness-Based Stress Reduction (MBSR) classes**, typically in the Universal area. Call (407) 740-7561 or visit [ecohen.org](http://ecohen.org) for current offerings.

### **Mindfulness Meditation with Dr. Rose Thorn**

**Every Wednesday 6:00 to 8:00pm, suggested donation \$15**

University Unitarian Universalist Society

11648 MucCulloch Road, Orlando, FL, 32817

(239) 910-6598, <http://www.meditation-orlando.com/>

### **Vipassana (Insight) Meditation Downtown**

**Every Thursday 7:00 to 8:30pm, free**

First Unitarian Church of Orlando, Gore Hall

1901 E. Robinson Street, Orlando, FL 32803

(407) 898-3621, <http://www.orlandouu.org/>

### **CommUnity Center 729**

- Mondays, 7:30pm: Meditation, \$5 donation
- Wednesdays, 7:30pm: Crystal Singing Bowl Meditation, \$10 donation
- Thursdays, 7:30pm: Meditation, \$5 donation
- Sundays, 3:00pm, Crystal Singing Bowl Meditation, \$10 donation

729 N. Thornton Avenue, Orlando, FL 32803

(407) 463-2248, <http://knowledgeforspiritualiving.com/>

### **Vajrapani Kadmpa Buddhist Center**

- Wednesdays at 6:30pm and 7:00pm, 2 recorded meditations, free
- Thursdays 7:30-9:00pm, class, 2 guided meditations and short talk, requested donation \$10 (\$5 for students/low income)
- Sundays 10:00-11:30am, class, requested donation \$10 (\$5 for students/low income)
- Sundays at noon, Prayers for World Peace and meditation, free

813 Montana Street, Orlando, FL 32803

(407) 896-3998, <http://meditationinorlando.org/>