

## Meditation Classes

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Contact

Satchidananda Ashram

Intake Contact Email

arc@yogaville.org

Intake Process

Call to make reservations or for more details

Self Refer

Yes

Yogaville

<https://www.yogaville.org/>

<https://www.facebook.com/SatchidanandaAshram/>

<https://twitter.com/sayva?lang=en>

Main

(434) 969-3121

Toll-Free

(800) 858-9642

108 Yogaville Way

23921 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: 2:00 pm-5:30 pm

Sunday: Closed

Additional Availability Comments

Classes vary based on season and days.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Meditation classes and workshops are offered at Yogaville. Learn techniques that are simple yet profound and explore tools that help to soothe the mind, reduce stress and bring you in touch with the peace within. You'll be introduced to the spiritual, emotional, and physiological benefits of meditation.

Yogaville workshops and programs are designed to integrate all aspects of life - physical, mental, emotional, and spiritual - and put you in touch with your own sense of inner peace and ease. They offer expert instruction on a large number of topics, ranging from yoga postures and breathing practices to yoga philosophy and meditation to health-related topics.

Service Area(s)

Buckingham County

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Statewide