

Gainesville-Area Meditation Groups

| Group | Location | Day | Time | Contact | Phone | Website |
|--|---|----------|---------------------|---------------------------------|--|---|
| Swamp Sangha | United Church of Gainesville medit. chapel 1624 NW 5th Ave. | Friday | Noon-1 pm | Nancy Wright | newright.law@gmail.com | nancylasseter@gmail.com |
| Gainesville Karma Thegsum Choling | Liberty Center 3131 NW 13th Street | Sun | 11:00 am - 12:30 pm | | (352) 335-1972 | http://davidbole.com |
| Gainesville Friends Meeting (Quakers) | | Sun | 11:00 am | 372-1070 | | http://www.afn.org/~quakers |
| Gainesville Shambala Meditation Group | ³¹ 900 NW 8th Avenue, Suite A | Tue | 7:00 pm - 8:00 pm | Jan Synder | 372-2900 | http://shambhalaflorida.org/gainesville.htm |
| Gainesville Vipassana Society (GVS) | Stillpoint Center at 2730 NW 39th Ave | Wed | 7:00 pm - 9:00 pm | Paul Linn | (352) 375-6168 | http://floridavipassana.org |
| Gainesville Zen Circle | United Church of Gainesville 1624 NW 5th Ave. | Monday | 7:00 - 8:00 pm | KC Walpole | | http://gatelessgate.org |
| Live Oak Sangha | United Church of Gainesville 1624 NW 5th Ave. | Wed | 7:00 pm - 9:00 pm | Mark Burlingame | | mbburl@me.com |
| Meditation Group | varies monthly | Wed | 9:45 am - 11:00 am | lbyby Condit | (352) 371-2860 | |
| Temple of the Universe | 15808 NW 90th St., Alachua | Daily | | | (386) 462-7279 | www.tou.org/ |
| Tibetan Meditation Center | 2000 NW 63rd Ter. | Wed | 7:00 pm - 8:30 pm | | | http://floridaharma.org |
| UU Zen Center | Unitarian Universalist Fellowship 4225 NW 34th St. | Fri | 7:00 pm - 9:00 pm | | (352) 377-1699 | http://uuf.org/Zen |
| Mindfulness Based Stress Reduction Program | UF Health Facilities Administration Bldg | Wed | TBA Eight Weeks | Nancy Lasseter | nancylasseter@gmail.com | http://nancylasseter.com |
| 8-Week Yoga of Awareness Program | UF Health Facilities Administration Bldg | Tue | TBA Eight Weeks | Tammy Bernard | (352) 219-8012 | http://yogaforhealthcare.com |
| Bodhi Sangha Vipassanna | 7120 NE 19th Avenue, Gainesville, FL 32641 | Thursday | 8 pm | | | |
| Community Meditation Events | | | | | | http://gainesvillemeditation.com/ |
| Qigong for Relaxation, Balance & Flexibility | UF Health Facilities Administration Bldg | Thursday | 5:00 - 6:00 pm | Nancy Lasseter | (352) 222-2052 | http://nancylasseter.com/ |
| Yoga for Self-Care | Criser Cancer Resource Cntr (CCRC), 1st Fl. Uf Health Shands Cancer Hospital | Mon | 5:30pm - 6:45pm | Tammy Bernard | (352) 219-8012 | Tammy@yogaforhealthcare.com |
| Gentle Yoga for Health | Criser Cancer Resource Cntr (CCRC), 1st Fl. UF Health Shands Cancer Hospital | Wed | 4:00pm - 5:00pm | Tammy Bernard | (352) 219-8012 | |