

Experience Tranquility and Community at Satsang House's Sunday Community Meditation

Begin your meditation practice or deepen your existing practice. Join our weekly meditation gatherings with a community to help support your spiritual journey.

SAN DIEGO, CALIFORNIA, UNITED STATES, August 23, 2024 /EINPresswire.com/ -- Join us at Satsang House Meditation and Spiritual Center every Sunday for an enriching experience of guided mantra-based meditation and spiritual connection. Held in the serene surroundings of Satsang House, our weekly community meditation sessions offer participants an opportunity to rejuvenate mind, body, and spirit.

The sessions commence with silent meditation, providing a peaceful space for introspection and inner calm. Following the meditation, attendees will engage in a thought-provoking Dharma Talk, exploring spiritual teachings and insights.

"Afterwards, guests are invited to connect with like-minded individuals over tea and snacks, fostering a sense of community and camaraderie," said [Maggie Kelly](#), owner of Satsang House. "We encourage participants to arrive no later than 1:50 PM to settle in and prepare for the session."

The [Sunday Community Meditation sessions](#) are open to everyone, regardless of prior meditation experience. The suggested donation of \$10-20 to support the World Food Program for children in Gaza is appreciated as an energetic exchange for participation.

"We believe in the power of collective meditation to create positive change both within ourselves and in the world around us," Kelly added.

For those interested in attending, please visit their [website](#) for more information and to reserve a spot.



Satsang House

Maggie Kelly offers meditation instruction and community gatherings, retreats and events, energy healing sessions, life, business and spiritual coaching and light therapy.

About Satsang House Meditation and Spiritual Center: Satsang House is a peaceful sanctuary located in San Diego, dedicated to promoting meditation, spiritual growth, and community connection. Through guided meditations, spiritual teachings, and communal gatherings, Satsang House offers a supportive environment for individuals seeking inner peace and personal transformation.

Chadd Bryant
Red Rocket
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/737833255>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.