

•△ Vipassana Meditation Menu / Price List

△ Vipassana Meditation

IP=In Person, O=Online, IP/O=both Services that are marked with an "IP" are provided In Person and marked with an "O" are provided Online via Skype, Zoom, or other video conferencing services.

△ Vipassana Meditation-IP/O

Vipassana is an ancient technique for meditation originating in the East. In recent years Vipassana has been brought to the West and is now known as Mindfulness-Based Stress Reduction (MBSR). Please see the MBSR menu for further details.

Listed rates are base and IP may vary per location