

INNER LIGHT MEDITATION PROGRAMS IN RHODE ISLAND 2024

These programs are always FREE

Tues Feb 13th at 6:30pm "Meditation for a Happier You" East Greenwich Library 82 Peirce St, East Greenwich, RI 02818 - 884-9510

Wed March 13th @ 6:30pm "Meditation for Inner & Outer Peace in a Chaotic World" Tiverton Public Library 34 Roosevelt Ave Tiverton 625-6796

Tuesday April 2nd 6:00pm "Meditation for Brain Health" Exeter Library 773 Ten Rod Road Rd 102, Exeter, RI 02822 – 294-4109

Wed April 17th @ 6:30pm "Meditation for a Happier You" Greenville Library 573 Putnam Pike Greenville 949-3630

Wed May 8th @ 6:30pm "Reducing Stress Through Meditation" North Providence Union Free Library 1810 Mineral Spring Avenue North Providence RI 353-5606

Wed May 15th @ 6:30 pm "Meditation for Healthy Living" Narragansett M.L. Memorial Library 25-27 Pier Marketplace 789-9507-

Wednesday May 29th at @ 5:30pm "Meditation": The Basics and Beyond" Middletown Library 700 W Main Rd, Middletown, 846-1573

RI Wednesday September 11th at @ 5:30pm "Meditation for Healthy Living " Middletown Library 700 W Main Rd, Middletown, RI 846-1573

RI Wednesday October 16th @ 6:30pm "Meditation for Stress Reduction" Coventry Public Library 1672 Flat River Road Coventry 822-9100

Ongoing Classes

Ongoing: Free Meditation Classes last Saturday of the month @ 4:00pm - @ "All That Matters" - Yoga, Health & Wellness Center: 315 Main St. Wakefield – confirm: 409-2121

Ongoing: Free Meditation CLASSES every 2nd Thursdays 1x/month @ 6:30 pm M.L. Memorial Library 25-27 Pier Marketplace Narragansett - confirm: 789-9507