

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	newwright.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
Qigong for Relaxation, Balance & Flexibility	UF Health Facilities Administration Bldg	Thursday	5:00 - 6:00 pm	Nancy Lasseter	(352) 222-2052	http://nancylasseter.com/
Bodhi Sangha Vipassanna	7120 NE 19th Avenue, Gainesville, FL 32641	Thursday	8 pm			
Community Meditation Events	http://gainesvillemeditation.com/					http://gainesvillemeditation.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	