

MEDITATION OPPORTUNITIES & CONTEMPLATIVE PRACTICES

Metro Louisville

BUDDHIST

Louisville Vipassana Sangha

Mondays, 6:00-8:30 pm
Clifton Universalist Unitarian Church
2231 Payne St, 40206
Contact: Glenda Hodges-Cook
louisville.vipassana@gmail.com
www.louisville-vipassana-community.org

Louisville Zen Group

Sundays, 5:30-7:30 pm
Yoga East
1125 East Kentucky St, 40204
Contact: Jeanette Prince-Cherry
louisvillezen@gmail.com
www.louisvillezen.org

Community of Mindful Living

Sundays, 10:00 am-12:00 noon
The Lang House
115 South Ewing, 40206
Contact: Tony Glore
tonyglore@insightbb.com
502-909-5489
www.sanghalou.org

Bodhiraja Vipassana Meditation

Wednesdays, 5:30-8:00 pm
Saturdays, 3:00-5:00 pm
Clifton Center, Suite 301
2117 Payne St, 40206
Contact: Venerable Nanda
embilipitiye@yahoo.com
502-650-0812

Tibetan Buddhist Meditation

Wednesdays, 7:00-8:00 pm
Second Saturday each month, 3:30-5:00 pm
Drepung Gomang Institute
411 North Hubbards Ln, 40207
Contact: Geshe Kalsang Rapygal
drepunggomanginstitute@gmail.com
502-619-1652
www.drepunggomang.com

CHRISTIAN

Contemplative Prayer

Sundays, 2:30-3:30 pm
Louisville Presbyterian Theological
Seminary
1044 Alta Vista Rd, 40205
Contact: Elizabeth Matney
matney.elizabeth@gmail.com

Contemplative Worship

Second Thursday of month, 7:00-7:40 pm
Central Presbyterian Church
318 West Kentucky St, 40203
Contact: Rev. Ann Deibert
502-587-6935
LizPrayerGroup@gmail.com

Centering Prayer

Thursdays, 11:00 am-1:00 pm
Thursdays, 7:00-9:00 pm
Saturday, 10:00 am-12:30 pm
Cor Unum Spiritual Center
1908 Tyler Ln, 40205
Contact: Elayne Roose
corunum@insightbb.com
502-451-1738

Centering Prayer

Mondays, 6:00-7:00 pm
St. Bernadette Church
6500 St. Bernadette Ave, 40059
Contact: Therese Allen
502-425-2564

Centering Prayer

Fridays, 9:00-10:00 am
Church of the Epiphany
914 Old Harrods Creek Rd, 40223
Contact: Millie McElroy
i.mcelroy@insightbb.com
502-244-0878

Centering Prayer

Tuesdays, 7:00-8:00 pm
Holy Trinity Church
501 Cherrywood Rd, 40207
Contact: Susie Babin
jsbabin@bellsouth.net
502-899-2433

SoulLife Group

2nd and 4th Wednesdays, 7:00-9:00 pm
Church of the Epiphany
914 Old Harrods Creek Rd, 40223
Contact: Linda Theineman
linda@churchofepiphany.com
502-245-9733 x15

INTER-RELIGIOUS

Interfaith Paths to Peace's Meditation

Wednesdays, 12:10-1:00 pm
Christ Church Cathedral
425 South Second St, 40202
Contact: Terry Taylor
interfaithterry@gmail.com
502-214-7322
www.Paths2Peace.org

Monthly Interfaith Silent Sitting

First Saturday each month,
9:30 am-12:30 pm
Passionist Earth and Spirit Center
1924 Newburg Rd, 40205
Contact: Anne Walter
info@earthandspiritcenter.org
502-452-2749
www.earthandspiritcenter.org

Meditation

Mondays, 6:30-7:30 pm
2700 Hillside Terrace, 40206
Contact: Rebecca Martin
atmaram@insightbb.com
www.atmaram.org

Meditation Gathering of Women

Sundays, 10:30 am-12:00 noon
Tuesdays, 11:00 am-12:00 noon
1027 Baxter Ave, 40204
Contact: Kathleen Kaelin, OSU
kathleenkaelin@gmail.com
502-585-4045

NON-DENOMINATIONAL

Unity of Louisville Meditation

Mondays, 12:00 noon-12:30 pm
Tuesdays, 12:00 noon-12:30 pm
Unity of Louisville
757 South Brook St, 40203
Contact: Rev. Valerie Mansfield
valeriem@unityoflouisville.org
502-583-5559
www.unityoflouisville.org



MEDITATION COURSES, INSTRUCTION AND RETREATS

Beginner's Meditation Class – Vipassana

6 week series begins each Jan, April
June, Aug
Tuesdays, 7:00-9:00 pm
Clifton Universalist Unitarian Church
2231 Payne St, 40206
Contact: Glenda Hodges-Cook
louisville.vipassana@gmail.com
www.louisville-vipassana-community.org

Daylong Meditation Retreat – Vipassana

Quarterly
Earth and Spirit Center
1924 Newburg Rd, 40205
Contact: Glenda Hodges-Cook
louisville.vipassana@gmail.com
www.louisville-vipassana-community.org

Weekend Retreat – Vipassana

June 14-16, 2013
Contact: Glenda Hodges-Cook
louisville.vipassana@gmail.com
www.louisville-vipassana-community.org

Bodhiraja Vipassana Retreat Day

Last Saturday of month, 9:00 am-5:00 pm
Clifton Center, Suite 301
2117 Payne St, 40206
Contact: Venerable Nanda
embilipitiye@yahoo.com
502-650-0812

Living Contemplatively

Mondays, 5:00-7:00 pm
3707 Old Brownsboro Hills Rd, 40241
Contact: Joan Kincade
joankincade6@gmail.com
502-426-1641

Meditation

Thursdays, 8:00-8:20 am
Norton Audubon Hospital Chapel
1 Audubon Plaza Dr, 40217
Contact: Kelley McIntyre, MD
Kelley.McIntyre@NortonHealthcare.org
502-636-8095

Oneness Blessing Meditation

First Friday each month, 7:00-9:00 pm
Rainbow Blossom
3046 Bardstown Rd, 40205
Contact: Linda Emerson
testartraveler@insightbb.com
502-296-1138
www.rainbowblossom.com

Transcendental Meditation

Wednesdays, 7:30-8:30 pm, by app't
1404 Eastern Pkwy, 40204
Contact: Patti Metten
PMetten@tm.org
502-458-3179
www.tm.org

Beginning Meditation Class – Christian

10 week class series begins each
Sept. and Feb.
Wednesdays, 10:00-11:30 am and
7:00-8:30 pm
Passionist Earth and Spirit Center
1924 Newburg Rd, 40205
Contact: Fr. Joe Mitchell, CP
info@earthandspiritcenter.org
502-452-2749
www.earthandspiritcenter.org

Introduction to Meditation Workshops

Learn the Basics of Mindfulness Meditation
Wednesday, May 22, 2013, 7:00-8:30 pm
Thursday, May 23, 2013, 9:00-10:30 am
Earth and Spirit Center
1924 Newburg Rd, 40205
Contact: Fr. Joe Mitchell, CP
info@earthandspiritcenter.org
502-452-2749
www.earthandspiritcenter.org

Meditation and Spiritual Awareness Class

Tuesdays, 6:30-8:15 pm
Center for Integrative Health
105 Lyndon Ln, 40222
Contact: Barbara Bloecher
justb2b@aol.com
502-261-9863
www.shamansearth.com