

Benefits of Meditation.

Research shows that meditation helps reduce stress and anxiety, increases vitality, improves self-esteem, and heightens focus. It is a great way to improve overall health and well-being.

Menlha Kadampa Meditation Center, a 501(c)3 non-profit organization, providing instruction in meditation for over 28 years.



Menlha Kadampa Meditation Center
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Contact us to learn more.

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MENLHA
KADAMPA MEDITATION CENTER



MEDITATION FOR EVERYONE

11 Music Mountain Blvd.
Lambertville, NJ 08530

Meditation, when practiced regularly, has been shown to reduce stress, anxiety, and depression and enhance self-awareness. Research suggests it may even help manage chronic pain.

Meditation is known as a great way to improve overall health and well-being. You do not need to be Buddhist to benefit from our classes & beautiful space.



Menlha Kadampa Meditation Center is located in Lambertville, NJ on historical Music Mountain. We offer a wide range of classes to suit all levels of meditation practice. From beginner classes on how to meditate, to chanted prayers, to teacher training classes – all of our classes include guided meditations and time for questions.

We offer classes daily and our Saturday events are very popular and designed for both beginners and advanced meditators.

Our sangha (community of meditators) are very friendly and knowledgeable – you will feel right at home from the moment



We look forward to welcoming you to our beautiful space. Any age; any gender; any race; any sexuality; any background; any religion; any income level. **Everyone is welcome!**



Menlha Kadampa Meditation Center is one of 1,300 Kadampa centers around the world.

We are a special place dedicated to world peace - a place where everyone can find their own inner peace, solve their problems and help others do the same. We believe that by training in meditation and positive ways of communicating we contribute to world peace.