

About Menlha

Menlha Kadampa Meditation Center is a nonprofit Buddhist meditation center located in Lambertville, New Jersey, serving Bucks County, Mercer County, and surrounding communities.

Our Resident Teacher, Gen Kelsang Chogyop, an ordained Buddhist nun, along with experienced lay teachers, presents meditation and Buddhist teachings in a warm, practical, and accessible way. People of all backgrounds, beliefs, and experience levels are welcome.



Let's Work Together.

We look forward to discussing a customized meditation or well-being program for your students, faculty, staff, or community.



Menlha Kadampa Meditation Center
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Contact us to learn more.

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MENLHA
KADAMPA MEDITATION CENTER



MEDITATION FOR EVERYONE

Creating happier minds through
MEDITATION | WISDOM | COMPASSION

Meditation & Well-Being Programs for Schools, Universities, and Community Organizations

Today's students, educators, and professionals face unprecedented levels of stress, anxiety, distraction, and burnout.

Menlha Kadampa Meditation Center offers practical meditation programs that help participants develop greater calm, focus, emotional resilience, and compassion—skills that can be applied immediately in everyday life.

Whether you are planning a wellness event, student program, faculty workshop, or community gathering, we would be delighted to work with you to create a meaningful and engaging experience.



he purpose of meditation is to make our mind calm and peaceful.

– Venerable Geshe Kelsang Gyatso Rinpoche

Programs We Offer

- **Guided Meditation Sessions:** Simple, accessible meditation practices to help participants relax, reduce stress, and cultivate greater mental clarity. No previous experience is required.
- **Managing Stress & Anxiety:** Practical techniques drawn from the Buddhist tradition for working skillfully with stress, worry, and overwhelming thoughts.
- **Building Resilience:** Learn how to respond to life's challenges with greater confidence, patience, and emotional balance.
- **Mindfulness in Everyday Life:** Develop greater focus, presence, and awareness both at work and at home.
- **Compassion & Emotional Well-Being:** Explore how kindness, empathy, and compassion contribute to healthier relationships and personal well-being.
- **Introduction to Buddhist Philosophy:** An engaging overview of Buddhist ideas such as karma, compassion, wisdom, happiness, and the nature of the mind.

Suitable for anyone interested in learning more about Buddhism.

Flexible Program Formats

We are happy to customize programs for your organization. **Options include:**

- 20-minute meditation breaks
- Lunch-and-learn presentations
- One-hour workshops
- Student orientation programs
- Faculty and staff wellness events
- Community lectures
- Retreats and half-day workshops

Programs can be held on your campus or at the Menlha Kadampa Meditation Center in Lambertville, New Jersey.

Why Meditation?

Research demonstrates that regular meditation helps improve:

- Stress management
- Focus and concentration
- Emotional resilience
- Self-awareness
- Compassion
- Overall well-being

Our programs emphasize practical techniques that participants can continue using long after the session ends.