



## Mission

The Meditation Initiative provides free meditation classes for children, adults and seniors to help reduce stress and anxiety, improve focus and attention, and share tools for anger management while improving overall health and well-being.

We provide free community outreach to K-12 Public Schools, Colleges, Hospitals, Prisons, Diabetes Patients, HIV Patients, Senior Centers, Homeless Teens, Sober Living Homes, United States Military, Wounded Warriors, At-Risk Youth, and Group Homes for Victims of Domestic Violence and Human Trafficking.

## San Diego Meditation Clients

The Monarch School	KPBS
King Chavez High School	Christies Place
The Braille Institute	San Diego City College
UCSD Medical Center	Susan G. Komen for the Cure
Morse High School	UPLIFT Christian Group
Crawford High School	Kids for Peace
Temple Emanu-El	UCSD
Jewish Family Services	Point Loma Naval Base
Scripps Hospital	Albert Einstein Academy
Congregation Beth Israel	College Avenue Seniors Center
First Unitarian Church	San Diego Central Jail
New Alternatives Teen Group Home	US Navy Medical Center
South Bay Community Services	La Jolla Recovery Sober Living
Tijuana Juvenile Facility	Catholic Charities
Las Colinas Prison	Wounded Warriors

Please visit our website or email [peace@meditationinitiative.org](mailto:peace@meditationinitiative.org) for more information!

*The Meditation Initiative is a 501(c)(3) Charitable Non-Profit Organization*

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[www.meditationinitiative.org](http://www.meditationinitiative.org)