



MEDITATION SCHEDULE

Welcome to the **Sankofa Insight Space**. This schedule features our full range of **meditation offerings**, created to support your practice of stillness, reflection, and inner clarity. *Please note: Class times are subject to change and do not include special programs or workshops. For the most up-to-date daily schedule, please visit our live scheduler on the website.*

Monday

8:00 am EST	<i>Meditation for Awareness & Inner Wisdom</i>	(virtual)
-------------	--	-----------

Tuesday

8:00 am EST	<i>Meditation for Lovingkindness (Metta)</i>	(virtual)
12:00 pm EST	<i>Midday Meditation</i>	(virtual)

Wednesday

8:00 pm EST	<i>Evening Sound Bath & Sit</i>	(virtual)
-------------	-------------------------------------	-----------

Thursday

8:00 am EST	<i>The Healing Breath: A Mindful Practice</i>	(virtual)
12:00 pm EST	<i>Midday Meditation</i>	(virtual)

Friday

8:00 am EST	<i>Meditation for Awareness & Inner Wisdom</i>	(virtual)
-------------	--	-----------

Saturday

9:00 am EST	<i>The Inner Voice: Journaling & Meditation Circle</i>	(virtual & in-studio)
-------------	--	-----------------------

Sunday

10:00 am EST	<i>Meditation & Spiritual Teachings</i>	(virtual)
--------------	---	-----------

SESSION DESCRIPTIONS
<p>Awareness & Inner Wisdom <i>A guided meditation practice using breath, reflection, and self-inquiry to help you slow down, listen inward, and reconnect with your own wisdom. Come curious. Leave clear. (30 minutes)</i></p>
<p>Loving-Kindness & Stillness (Metta Practice) <i>A silent sitting practice, supported by guided phrases to cultivate compassion for self and others. (30 minutes)</i></p>
<p>The Healing Breath: A Mindful Practice <i>A gentle breath-based practice to calm the mind, restore balance, and support emotional healing. (30 minutes)</i></p>
<p>Awareness & Inner Wisdom <i>A guided meditation practice using breath, reflection, and self-inquiry to help you slow down, listen inward, and reconnect with your own wisdom. Come curious. Leave clear. (30 minutes)</i></p>
<p>Midday Meditation Reset <i>A guided meditation to pause, breathe, and realign. Centered on breath, gratitude, and gentle affirmation—perfect for busy minds and full days. (30 minutes)</i></p>
<p>Evening Sound Bath & Sit <i>An immersive experience blending stillness with sound. Begin with breath awareness, then settle into a meditative sound bath featuring crystal bowls, chimes, and other instruments to support nervous system regulation and deep rest. (45 minutes)</i></p>
<p>The Inner Voice: Journaling & Meditation Circle <i>A reflective practice combining guided meditation with intentional journaling. Each session centers a theme, quote, or prompt—inviting participants to listen inward, write freely, and share (if inspired) in community. Great for folks who think they can't meditate. (45 minutes)</i></p>
<p>Sacred Sundays: Meditation & Spiritual Teachings <i>A reflective meditation circle drawing from ancestral wisdom, sacred texts, and contemplative readings. This offering bridges mindfulness with spiritual nourishment—inviting participants to meditate, listen, and discuss teachings from bell hooks, Audre Lorde, Thich Nhat Hanh, or other wisdom traditions. (45 minutes)</i></p>