



Meditate with a Monk

An Inner Journey Begins With Stillness

Date & Time

August 9th, 2025

09:00AM - 10:30AM

Venue

Washington Monument Grounds 130 17th St NW,
Washington, DC 20006

www.meditatedmv.org





Experience Moments of Calm & Clarity

Short guided meditations. Thoughtful reflection. Timeless wisdom



Benefits for Mind & Soul



Connecting with a like-minded community



Nurtures inner calm, joy, and resilience



Releases daily stress and quiets the mind

Why Join Us?

Authentic teachings | Inclusive space | Reconnect with nature

Let's Take a Step Towards Inner Calm Together!



Scan for Directions