

## **Mindfulness, Meditation**

Age Requirements

18 and over

Family

Yes

Intake Process

Visit the website for information, call the office.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

The Innerwork Center

<https://innerworkcenter.org/>

<https://innerworkcenter.org/programs>

<https://www.facebook.com/innerworkcenter/>

Main

(804) 359-0384

213 Roseneath Road

23221 VA

United States

Monday: 9:00 am-8:00 pm

Tuesday: 9:00 am-8:00 pm

Wednesday: 9:00 am-8:00 pm

Thursday: 9:00 am-8:00 pm

Friday: 9:00 am-8:00 pm

Saturday: 9:00 am-8:00 pm

Sunday: Closed

Fee Structure

Sliding Scale Fee

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Call for Information

Languages Spoken

English

The Innerwork Center offers a variety of single and multi-session programs, retreats, and drop-in programs for an individual to do inner work. The core programs include Mindfulness, Creative Expression and Movement, Psychology and Consciousness, and Wisdom Traditions and Spirituality.

The labyrinth on the north side is open and available to all seeking a contemplative place to walk mindfully and quiet the noise. The labyrinth, a walking meditation tool, was used by many cultures and traditions around the world.

Sign Up for a [Class](#)

Service Area(s)

Chesterfield County

,

Colonial Heights City

,

Goochland County

,

Hanover County

,

Henrico County

,

Hopewell City

,

King William County

,

Petersburg City

,

Powhatan County

,

Richmond City

Email

[hello@innerworkcenter.org](mailto:hello@innerworkcenter.org)