

InsightLA Celebrates 20 years of Wisdom, Compassion, and Love

InsightLA, a non-profit meditation community celebrates 20 years in 2022 with events, practices, celebrities, and special programs throughout the year.



Los Angeles, California Jan 25, 2022 ([Issuewire.com](https://www.issuewire.com)) - Twenty years ago, Trudy Goodman, Jack Kornfield, and Sandra Oh sat together after a daylong meditation retreat. They spoke of the need for community, for a place to go and practice together. They agreed that we all need a home for the heart. Founder Trudy Goodman shares, “At that moment, [InsightLA](https://www.insightla.org) was born. We had no master plan except to share our love of meditation teachings and yet, here we are, twenty years later, a beautiful community of teachers and practitioners dedicated to loving awareness, to the opening of the heart, and to the tending of the world.”

As we head into our third year of living with the impact of a pandemic, we are finding that our services are needed now more than ever by teachers, students, first responders, healthcare workers, and our general community. Our 20th Anniversary offers an opportunity to address this need through a series of special programs, resources, classes, and tools to support mental health, wellness, and mindfulness.

As part of InsightLA’s 20th Anniversary Celebration, we are calling on celebrities, community members, and notables in the meditation community to share the impact that meditation has had on their lives throughout the year through media outlet appearances, podcasts, and online. Finally, our 20th Anniversary will culminate in a Fall Gala, recognizing the vision of Trudy Goodman and honoring the commitment of our dedicated teachers over the years.

Executive Director, Alicia Tolbert notes “We have all had an intense few years of fear and disruption economically and politically all while trying to maintain our health. Now folks are realizing the need to embrace a sense of community, a collective “we” to uplift ourselves and others. [InsightLA](https://www.insightla.org) offers that on the daily.”

For more information on contacting [InsightLA](https://www.insightla.org) to speak on mental health, mindfulness, meditation, or managing stress or anxiety, please reach out to tracy@insightla.org or (562) 588-1646.

About InsightLA Meditation:

[InsightLA](https://www.insightla.org) is a non-profit [meditation](https://www.insightla.org) community providing high-quality mindfulness and compassion practices. For 20 years, InsightLA has offered classes, retreats, and special events that cater to both beginning meditators and those looking to deepen and sustain their practice. InsightLA is the only organization of its kind offering secular, evidenced-based mindfulness training and traditional Buddhist teachings within the Vipassana or Insight tradition.



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