Enlightened Monks

Address	RZ - B 12, 2nd Floor, Main, Pankha Rd, Raghu Nagar, New Delhi, Delhi 110045 New Delhi, Delhi 110045 India
Contact Person	Mr Gurpreet Singh Arora
Mobile Number	
Email	enlightenedmonkseo@gmail.com

Enlighten Monks Meditation Centre for Youth Mental Health is a sanctuary of tranquility and healing, dedicated to providing young individuals with a safe space to nurture their mental well-being through mindfulness practices. Founded in 2019 by a group of dedicated meditation practitioners, our center is committed to addressing the growing mental health challenges faced by today’s youth. Nestled amidst lush greenery and serene surroundings, we offer a holistic approach to mental health, combining the ancient wisdom of meditation with modern therapeutic techniques.

Please visit us for more info - https://enlightenmonks.com

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https://www.indiafinder.in/detail/enlightened-monks-19091