

Enlightened Monks



Address

RZ - B 12, 2nd Floor, Main, Pankha
Rd, Raghu Nagar, New Delhi, Delhi
110045
New Delhi, Delhi 110045
India
Mr Gurpreet Singh Arora

Contact Person

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>

For more details, please visit <https://indiafinder.in/detail/enlightened-monks-19091>