

THE DENT MEDITATION CENTRE

England & Wales - Charity number 1076345

Details

Status Registered

Legal form Other

Registered 1999-07-01

Register [View on the Charity Commission register](#)

Contact

Address The Meditation Centre
Flintergill
Dent
Sedbergh
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Website <http://www.meditationcentre.co.uk/>

Activities

Objects: TO FURTHER EDUCATION BY TEACHING THE UNDERSTANDING AND EXPERIENCE OF MEDITATIONAL AND OTHER WELLBEING PRACTICES. TO PRESERVE AND PROTECT MENTAL AND PHYSICAL HEALTH BY USING MEDITATION AND OTHER WELLBEING PRACTICES AS A WAY OF PROMOTING HEALING AND RELIEVING STRESS.

Activities: The Centre provides a place of stillness and beauty that anyone can use for meditation, quiet reflection or retreat irrespective of faith or belief - visitors are always welcome. Courses teaching the experience and understanding of meditation and other forms of wellbeing are on offer at the centre. The centre is also available for hire.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£13,341	£19,939	-	-
2023-12-31	£19,551	£15,994	-	-
2022-12-31	£15,362	£17,611	-	-
2021-12-31	£12,334	£30,527	-	-
2020-12-31	£24,584	£33,569	-	-

Trustees

Name	Role	Appointed
David James Harrison		2025-10-18
Karen Louise Holroyd		2025-10-18
Richard Andrew Hellen		2025-10-18
