

MEDITATION RETREAT CENTERS, MEETINGS AND TEACHERS IN CALIFORNIA

San Francisco Mindfulness Centers & Classes

San Francisco Insight Meditation Group: Wednesday & Sunday Night Meetings -- Franklin & Geary (San Francisco) <http://www.sfinsight.org/>

Mark Coleman daylongs in Nature in Marin: <https://markcoleman.org/>

MBSR: Mindfulness Based Stress Reduction Course @ UCSF (Introduction to Meditation Course) (San Francisco) <http://www.osher.ucsf.edu/classes-and-lectures/meditation-and-mindfulness/mindfulness-based-stress-reduction/>

Retreat Centers in Northern CA:

Green Gulch <http://www.sfzc.org/ggf/default.asp> (Muir Beach, Marin)

Spirit Rock <https://www.spiritrock.org/calendarlisting> (Marin)

Esalen <http://www.esalen.org/> (Big Sur)

Mount Madonna <http://www.mountmadonna.org/> (Santa Cruz)

Vajrapani <http://www.vajrapani.org/> (Santa Cruz)

Redwood City <http://www.insightmeditationcenter.org/calendar/> (Redwood City)

Living Compassion <http://www.livingcompassion.org/schedule> (Mountain View & Sierra Nevada Mtns)

Institute of Noetic Sciences <http://www.noetic.org/earthrise/> (Petaluma)

Harbin Hot Springs <http://www.harbin.org/> (Middletown)

Silent Stay <http://www.silentstay.com/> (Vacaville)

10 Day Goenka Retreats <http://www.dhamma.org/>

SF Zen Center: <http://www.sfzc.org/> (San Francisco)

Tibetan Buddhist Center: <http://www.tsechenling.org/> (San Francisco)

Buddhist Center: <http://sf.shambhala.org/> (San Francisco)

Mission Buddhist Center: <http://sfbuddhistcenter.org/>

Mindfulness Care Center: SF <http://mindfulnesscare.org/>

Business & Mindfulness

Wisdom Labs: <https://wisdomlabs.com/>

Search Inside Yourself: <http://www.siyli.org/> -- book, future online training

Wisdom 2.0 -- <http://www.wisdom2summit.com/> -- book and videos online

East Bay Centers:

www.eastbaymeditation.org Launched in 2006, and likely the most truly diverse meditation center in the Bay Area, it is located in downtown Oakland. A great place to practice/train; one of the most vibrant meditation centers around.

www.emptygatezen.com - Zen center in the Korean Soto Zen tradition, member of the Kwan Um School of Zen (the largest Buddhist community in the US).

www.berkeleyzencenter.org - founded by Suzuki Roshi (author of the classic *Zen Mind, Beginner's Mind*).

www.berkeleymonastery.org - this is a true Buddhist monastery in the heart of Berkeley; in the Theravada tradition - Vipassana meditation. Open to all, it offers the opportunity to get at least some feel for a true Asian monastic environment.

www.berkeley.shambhala.org - a vibrant meditation center, in a popular Tibetan tradition, founded by Trungpa Rinpoche, teacher of Pema Chodron (she offers trainings through this center).

There are also sitting groups, like the ones led by the Vipassana teacher James Baraz, www.insightberkeley.org (author of the best seller *Awakening Joy*), also by Will Kabat-Zinn (the son) or by Daniel Doane, a fabulous meditation and yoga teacher. In addition, www.easwaran.org is an organization that offers mindfulness training to continue the work of the extraordinary, now deceased Bay Area teacher, Eknath Easwaran. Easwaran's 1960's classic meditation program (described in his book *Meditation*) was tested as a control group for an MBSR RCT and turned out to show equivalent results after eight weeks. www.mindfulnessprograms.com This is the website for well-known Bob Stahl, Ph.D., who is based in San Francisco and offers mindfulness training programs for professionals. He is affiliated with Jon Kabat-Zinn's MBSR program at the University of Massachusetts's Medical Center. Finally, the mindfulness-based cognitive therapy (MBCT) groups and trainings are highly recommended; in particular because of their focus on defusion, as well as, towards the end of the program, behavioral activation. They follow up on MBSR, with specific applications to mood problems. The main site is www.mbct.com, where trainings world-wide are listed. In the Bay Area, the following is a recommended training center: www.mbctbayarea.com.

Nondual Teachers who come to Northern California:

Adyashanti <http://www.adyashanti.org/>
Mukti http://www.adyashanti.org/index.php?file=mukti_main
Jeff Foster <http://www.lifewithoutacentre.com/>
Rupert Spira <http://non-duality.rupertspira.com/home>
Loch Kelly <https://lochkelly.org/>

Retreat Centers in Southern CA:

<http://www.sfzc.org/tassajara/display.asp?catid=4,19,130&mode=c> (Carmel Valley)
<http://www.vaddhana.dhamma.org/> (10 day Goenka Retreats)
Yokoji-Zen Mountain Center <http://zmc.org/>
<http://www.dharma.org/about-us> (Insight Meditation Society)
Esalen <http://www.esalen.org/> (Big Sur)
Pine Mountain Buddhist Temple <http://www.pinemtnbuddhisttemple.org/>
Kadampa Meditation Center <http://www.meditateinsandiego.org/> (San Diego)