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SITTING GROUPS

The groups listed here practice in the vipassana/Theravada tradition. Please contact a group directly for more details on the meeting time, location and class schedules. While we offer this list to you, we do not take responsibility for what takes place at any given group. However, we welcome any feedback you feel is important for us to know.

To add a new group to the list or to update current listings, please visit www.inquiringmind.com or write to us at: Inquiring Mind, P.O. Box 9999, Berkeley, CA 94709.

UNITED STATES STATE/CITY	GROUP/CONTACT NAME	PHONE	WEBSITE/EMAIL	TEACHER/LEADER
AK Anchorage	Snow Buddha Yoga	(907) 764-7473	snowbuddhayoga.org	<i>Stefan Zijlstra</i>
AZ Flagstaff Mesa Phoenix Prescott Tempe Tucson Yuma	Flagstaff Vipassana	(928) 600-1195	flagstaffvipassana.weebly.com	<i>Brian Lesage</i>
	Meditation Learning Center	(480) 513-7747	meditationlearningcenter.com	<i>Shane Wilson</i>
	PHXvipassana	(602) 441-5243	phxvipassana.com	
	Prescott Vipassana Sangha	(928) 778-1814	prescottvipassana.org	<i>Carol Cook</i>
	Phoenix Vipassana Sangha	(480) 921-0765	skngpeace@yahoo.com	<i>Linda S.</i>
	Tucson Com Meditation Ctr	(520) 622-0089	tucsonmeditation.org	
	Insight Meditation Tucson	(520) 477-1897	insightmeditationtucson@gmail.com	<i>Douglas, Tizer</i>
Yuma	Insight Meditation Yuma	(928) 344-4699	jmyers1050@gmail.com	<i>Jean & Carl Myers</i>
CA Alameda Auburn Berkeley Briones Chico Davis El Cerrito Eureka Felton Kelseyville Laguna Beach	Pauletta M. Chanco	(510) 523-9835	pauletta.chanco@sbcglobal.net	<i>Pauletta M. Chanco</i>
	Alameda Mindfulness	(510) 684-0364	heart-mine-education.com	<i>Kate Janke</i>
	Mary Helen Fein	(530) 887-9400	mtstream.org	<i>John M. Travis</i>
	Insight Med Comm. of Berk	(510) 237-6020	insightberkeley.org	<i>James Baraz</i>
	Metta Dharma Wed. Night Group	(510) 547-0757	mettadharm.org	<i>Richard Shankman</i>
	Monday Night Sitting Group	(510) 525-2371	lucykaplan@earthlink.net	<i>Lucy Kaplan</i>
	Temple Cat Sangha	(510) 526-1879	ehillinger@earthlink.net	
	Vigil For Peace Noon Fridays	(510) 666-8317	doaneman@hotmail.com	<i>Daniel Doane</i>
	Already Home Sangha	(510) 486-0236	bgates@inquiringmind.com	
	Jewish Mindfulness Meditation	(510) 334-3747	mjacobs613@aol.com	<i>M. Jacobs, D. Richman</i>
	Aloka Vihara	(510) 521-5238	saranaloka.org	<i>Ayyas Anandabodhi & Santacitta</i>
	Bear Creek Dharma Center	(510) 612-6211	nicholeproffitt@gmail.com	<i>Tempel Smith, Nichole Proffitt</i>
	Heart of the Lotus	(530) 895-1579	heartofthelotussangha@gmail.com	
	Davis Insight & Dharma	(530) 867-5743	davisinsightgroup.org	
	Ojas Yoga Center Monday Group	(510) 666-8317	ojasyogacenter.com	<i>Daniel Doane</i>
Eureka Mindfulness	(707) 269-7044		<i>Cindee Grace</i>	
Monday Night Meditation	(831) 212-6641	bloomofthepresent.com	<i>Carla Brennan</i>	
A Positive Light	(707) 328-6072	apositivelight.com		
Laguna Sangha	(949) 497-4892	lagunasangha@gmail.com		



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PHONE

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UNITED STATES STATE/CITY	GROUP/CONTACT NAME	PHONE	WEBSITE/EMAIL	TEACHER/LEADER
CA Los Angeles	Insight LA	(310) 774-3325	insightla.org	<i>Trudy Goodman</i>
	Against The Strea	(323) 665-4300	againstthestream.org	<i>Noah Levine</i>
Malibu	Malibu Sitting Group	(310) 456-3591	greenlotus@earthlink.net	
Middletown	Buddha Supper Sangha	(707)987-8860		<i>Peer led</i>
Millbrae	Karuna Buddhist Vihara	(650) 556-6427	info@karunabv.org	<i>Ayya Satnussika Bhikkuni</i>
Mill Valley	Tam Dharma Friends	(415) 383-6048	echorocktherapycenter.com	<i>Victoria Vogel, Grant Rudolph</i>
Modesto	Insight Meditation Modesto	(209) 343-2748	tinyurl.com/modinsight	<i>Lori Wong</i>
Mountain View	Insight Meditation South Bay	(408) 288-6322	imsb.org	<i>Shaila Catherine</i>
Nevada City	Mountain Stream Med. Ctr	(530) 265-6111	mtstream.org	<i>John M. Travis</i>
N. Hollywood	Howard Blumenfeld	(818) 487-3773	mindfulnesspath.com	<i>Howard Blumenfeld</i>
Oakland	Alphabet Sangha LGBTQI	(510) 268-0696	eastbaymeditation.org/alphabet	
	Friday Open Sitting Grp	(510) 268-0696	eastbaymeditation.org	
	People of Color Sitting Grp	(510) 268-0696	eastbaymeditation.org	
	Every Body Every Mind	(510) 268-0696	eastbaymeditation.org	
	La Casa De Corazon	(510) 268-0696	eastbaymeditation.org	<i>Susana Renaud</i>
Palm Springs	Insight Comm. of the Desert	(888) 280-6777	desertinsight.org	<i>Various</i>
Palo Alto	Avenidas Mindfulness	(650) 323-2601	julieforbes.com	<i>Julie Forbes</i>
Pasa Robles	Hills of Lost Content	(805) 610-2652	patwallen@aol.com	<i>Patrick Wallen</i>
Redwood City	Sati Center Buddhist Studies	(650) 223-0311	sati.org	
Redwood Valley	Abhayagiri Buddhist Monastery	(707) 485-1630	abhayagiri.org	
Rocklin	Maeve Hassett	(530) 887-1573	mtstream.org	<i>John M. Travis</i>
Sacramento	Sacramento Insight Meditation	(916) 471-6499	sactoinsight.org	
San Diego	North County Coastal San Diego	(858) 509-2800	kbender@softwareequity.com	
	San Diego Meditation Society	(619) 225-0817		<i>Mark Berger</i>
	Thursday Night Sit	(619) 543-0064	wildingm@sbcglobal.net	
San Francisco	Aloka Vihara	(415) 681-9359	saranaloka.org	<i>Ayya Anandabodhi, Ayya Santacitta</i>
	Mindfulness Care Center	(415) 786-5456	mindfulnesscare.org	<i>Rik Center</i>
	Mission Dharma	(415) 447-7761	missiondharma.org	<i>Howard Cohn</i>
	San Francisco Insight	(415) 994-5951	sfinsight.org	<i>Eugene Cash, Pamela Weiss</i>
San Jose	Berget Jelane	(408) 255-2783	sanjoseinsight.org	<i>Berget Jelane</i>
San Rafael	Marin Sangha	(415) 435-3141	dharmawisdom.org	<i>Phillip Moffitt</i>
	Open Embrace Meditations	(415) 453-5360	openembracemeditations.com	<i>Stephanie Noble</i>
	San Rafael Meditation	(415) 491-4900	bit.ly/sanrafael_sg_hanson	<i>Rick Hanson</i>
Santa Barbara	Buddha and Friends	(805) 455-6205	radhule@cox.net	<i>Radhule Weininger</i>
	Open Door Sangha	(805) 685-2836	insightmeditionsb.org	
Santa Cruz	Insight Santa Cruz	(831) 425-3431	insightsantacruz.org	
Santa Monica	Against the Stream	(323) 665-4300	againstthestream.org	<i>Noah Levine, others</i>
Santa Rosa	Santa Rosa Insight	(707) 865-0755	rosetjo@hotmail.com	<i>Rose Saint John</i>
Sebastopol	Kalyana Mitta	(707) 874-2686	sbbm3@comcast.net	<i>Beverly McArthur</i>
Studio City	Anita Chernis	(818) 766-3000	acherjoy@aol.com	<i>Anita Cherni</i>
Redwood City	Aloka Vihara	(415) 681-9359	saranaloka.org	<i>Ayyas Anandabodhi & Santacitta</i>
Ventura	Insight Meditation of Ventura	(805) 659-4401	insightventura.net	<i>Susan Pembroke</i>



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UNITED STATES STATE/CITY	GROUP/CONTACT NAME	PHONE	WEBSITE/EMAIL	TEACHER/LEADER
CA Walnut Creek Woodacre	Walnut Creek Sitting Grp	(510) 526-0711	ernesti@pacbell.net	<i>Ernest Isaacs</i>
	Dharma & Recovery	(415) 488-0164 x 234	spiritrock.org	<i>Kevin Griffin</i>
	Friday Meditation & Yoga	(415) 488-0164 x 234	spiritrock.org	<i>Dana DePalma, Janice Gates</i>
	Monday Night Class	(415) 488-0164 x 234	spiritrock.org	<i>Jack Kornfield, Mark Coleman</i>
	Singles Sangha	(415) 488-0164 x 234	spiritrock.org	<i>Various</i>
	Thursday Morn. Women's Class	(415) 488-0164 x 234	spiritrock.org	<i>Julie Wester, Anne Cushman</i>
	Wednesday Morning Class	(415) 488-0164 x 234	spiritrock.org	<i>S. Boorstein, D. Rothberg</i>
CO Boulder Canon City Colorado Springs Denver Durango	Terry Ray	(303) 444-4228	insightcolorado.org	
	Corey Henersholt	(719) 275-1777	cchenda@aol.com	
	Rocky Mountain Insight	(719) 634-0566	rockymountaininsight.org	<i>Lucinda Green</i>
	Denver Insight Meditation	(303) 399-6769	insightcolorado.org	<i>Lloyd Burton</i>
	Dharma Punx	(720) 987-9495	denverdharmapunx@gmail.com	
Durango Dharma Center	(970) 769-1604	durangodharmacenter.org		
CT Westport	Fairfield County Sangha	(203) 331-7369	amyolver@gmail.com	
DE Lewes	Insight Meditation Community	(302) 945-4094	imc-lewes.org	
DC Capitol Hill Columbia Height Du Pont Circle Logan Circle Tenleytown Washington	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Foust, McIlwain, Aubry</i>
	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Byrne, Aubry, Mitchell Gilkey</i>
	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Vicki Goodman</i>
	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Hugh Byrne</i>
	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Hugh Byrne</i>
	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>La Sarmiento</i>
	Family & Teens/Wash. DC	(202) 985-2922	imcw.org	<i>O Jones-Quarty, J Jordan</i>
	Family & Children/Wash. DC	(202) 985-2922	imcw.org	<i>O Jones-Quarty, J Jordan</i>
	LGBTQ Sangha/Wash. DC	(202) 985-2922	imcw.org	<i>La Sarmiento</i>
POC Sangha/Wash. DC	(202) 985-2922	imcw.org	<i>La Sarmiento</i>	
FL Amelia Island Ft. Lauderdale Orlando	Tuesday Night Sangha	(904) 261-9143	willowembry@gmail.com	<i>Willow Embry</i>
	The Mindfulness Method	(954) 529-0886	mindfulnessmethod.org	<i>Michael Kasten</i>
	Orlando Insight Meditation Gp	(407) 339-5444	orlandoinsight.org	<i>Peter Carlson</i>
	Thur. Night Meditation Group	(407) 894-2850	info@orlandomeditation.org	
GA Atlanta	Sandy Springs Ins Meditation	(404) 624-6463	sandyspringsinsightmeditation.org	
HI Honolulu Kapa'au Kula North Kohala	Vipassana Hawaii	(808) 889-0567	vipassanahawaii.org	
	Vipassana Hawaii	(808) 889-0567	vipassanahawaii.org	
	Kula Sitting Group	(808) 878-6484	vipassanametia.org	<i>Candle Summers</i>
	Vipassana Hawaii	(808) 889-0567	vipassanahawaii.org	
ID Hailey Pocatello	Hailey Community Meditation	(208) 721-2583	naturewalker7@gmail.com	
	Portneuf Sangha	(208) 775-3183	portneufsangha.org	
IL Carbonale Chicago	Awakening Heart Dharma	(618) 319-5469	ahdgofcuf@gmail.com	<i>Peer led</i>
	Lakeside Vipassana	(312) 751-0576	insightchicago.org	<i>Greg Gerber</i>
	Northside Vipassana	(312) 590-3424	insightchicago.org	<i>Peer led</i>
	Ravenswood Vipassana	(707) 318-5435	insightchicago.org	<i>Peer led</i>

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STATE/CITY****GROUP/CONTACT NAME****PHONE****WEBSITE/EMAIL****TEACHER/LEADER**

UNITED STATES STATE/CITY	GROUP/CONTACT NAME	PHONE	WEBSITE/EMAIL	TEACHER/LEADER	
IL Highland Park	Circle of Stillness	(773) 844-8174	insightchicago.org	<i>Patty Jones, Sara Hutchison</i>	
	Urbana Prairie Sangha	(217) 493-1771	prairiesangha.org	<i>Sandra Hammond</i>	
IN Bloomington	Dharma Punx	(607) 738-3924	meditationkelly@yahoo.com		
	Fort Wayne Insight Fort Wayne	(260) 672-8023	insightfw.org	<i>Tammy Dyer</i>	
KY Louisville	Louisville Vipassana Community	(502) 741-1129	louisville-vipassana-community.org	<i>Glenda Hodges-Cook</i>	
LA Lafayette	Spirit Path	(337) 233-5128	spiritpath@cox.net	<i>Chuck St. Romain</i>	
	New Orleans New Orleans IM Group	(504) 343-8378	noimg.org		
ME Boothbay Harbor	Andrew Twaddle	(207) 215-8342	ansar@gwi.net		
MD Baltimore	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Trish Magyari</i>	
	Bethesda	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Tara Brach</i>
		Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Rogentine, Brousseau, Asare</i>
		Chestertown Anne Briggs	(410) 778-1746	imc-chestertown.org	<i>Anne F. Briggs</i>
	Chevy Chase	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Vicki Goodman</i>
	Easton	Easton Meditation Group	(410) 430-2005	eastonmeditation.wordpress.com	<i>Larissa Kitenko</i>
	Logan Circle	Insight Meditation/Wash D.C.	(202) 985-2922	imcw.org	<i>Hugh Byrne</i>
	Moco	Satsang/Wash D.C.	(202) 985-2922	imcw.org	<i>Tara Brach</i>
	Salisbury	Salisbury Buddhist Comm.	(410) 430-2005	salisburyzen.com	<i>Larissa Kitenko</i>
	Silver Spring	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Vicki Goodman</i>
	Takoma Park	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	<i>Montero-Diaz, Mitchel-Gilkey, Brouss</i>
MA Arlington	First Parish UU Meditation	(781) 646-0313	meditation@firstparish.info		
	Barre	IMS Local Meditation Group	(978) 355-4378 x 410	chasd@dharm.org	<i>Chas DiCapua</i>
	Cambridge	Cambridge Insight Meditation	(617) 441-9038	cambridgeinsight.org	<i>Rosenberg, Grady-Liebenson</i>
	Easthampton	IMC of Pioneer Valley	(413) 527-0388	insightpv.org	<i>Rebecca Bradshaw</i>
	Gardner	U.U. Church Meditation Group	(978) 630-2767	theericssons@verizon.net	<i>Chas DiCapua</i>
	Vineyard Haven	Begin Again Study/Meditation	(508) 693-2827	jscotrice@comcast.net	
	West Tisbury	Mindfulness Meditation of MV	(508) 693-1440	metta_2_all@yahoo.com	<i>Chas DiCapua</i>
	Westborough	Greg Topakian	(508) 366-1145	gtopak@charter.net	
MI Ann Arbor	Boston West Sitting Group	(781) 235-3125	alexathome@verizon.net		
	Tues/Fri/Sun AM Meditation	(734) 477-5848	deepspring.org		
	Insight Med Ann Arbor	(734) 945-7612	insightmeditationannarbor.org	<i>Susan Weir</i>	
MN Forest Lake	Mary Jo Meadow	(651) 464-7489	resecum@msn.com	<i>Mary Jo Meadow</i>	
	Minneapolis CommonGroundMeditaCtr	(612) 722-8260	commongroundmeditation.org	<i>Mark Nunberg</i>	
MS Jackson	Jackson Meditation Group	(601) 981-6925	luke@computercoop.com		
MO Columbia	Show Me Dharma	(573) 355-5303	showmedharma.org		
	Silent Mind-Open Heart	(573) 874-0881	silentmindopenheart.org	<i>Philip Jones</i>	
	Kansas City	Robert Brumet	(816) 853-5721	rrjbrumet@earthlink.net	
		Blue River Bhavana	(816) 679-7170	simpleyogi704@gmail.com	
	St. Louis	Maplewood Metta	(314) 210-8820	dharmatown.org	<i>Jan Rosamond</i>
	Hi-Pointe	(314) 210-8820	dharmatown.org	<i>Jan Rosamond</i>	
MT Bozeman	Bozeman Insight Community	(406) 763-4077	bozemaninsightcommunity.com	<i>Floyd Fantelli</i>	



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MT Butte	Butte Sangha	(406) 782-5917	timberbutte@montana.com	Steve Heinz	
	Missoula	Missoula Vipassana Sangha	(406) 549-7317	miriam@imt.net Susan Clarion	
NC Charlotte	Insight Meditation Community	(704) 995-4860	insightmeditationcharlotte.org	Ward Simmons	
	Durham	New Hope Sangha	(919) 943-0438	John Orr	
	Kitty Hawk	Outer Banks Meditation	(252) 449-8595	drjim@embarqmail.com James C. Layton	
	Winston Salem	Forest Brook Sangha	(336) 725-1177	onespirithorse@hotmail.com Kirtan Coan	
NE Omaha	Patti Benker	(402) 496-3249	insightomaha@gmail.com		
NV Carson City	Dharma Zephyr IM	(775) 882-4980	dharmazephyr.org	Kathy Schwerin/Christy Tews	
	Carson Valley	Carson Valley Sangha	(775) 267-4575	Lorelle Chorky	
	Las Vegas	Desert Dharma	(702) 525-6490	wakanmonk@aol.com	Greg Pergament
		Here and Now Center	(702) 547-4373		Linda Rohacek
	Reno	Lotus in the Desert	(702) 525-6490	secretary@lotusinthedesert.org Peer Led	
	Dharma Zephyr	(775) 771-3435	dharmazephyr.org		
NH Lebanon	Valley Insight Meditation Soc.	(802) 295-6658	valleyinsight.org	Doreen Schweizer	
NJ Egg Harbor Tp.	Ruth Sperber	(609) 525-0299	ruthfrances@comcast.net	Ruth Sperbe	
	Montclair	Buddha Path	(201) 463-3303	kerryasp@comcast.net Kerry Rasp	
	Morristown	Insight Meditation Group	(973) 539-0301 x 3	awells@uuma.org	
	Toms River	Meditation/Buddhist Study Grp	(732) 408-6193	lindasong55@gmail.com	
NM Albuquerque	Albuquerque Vipassana Sangha	(505) 688-9005	abqsangha.org		
	Santa Fe	Santa Fe Vipassana Sangha	(888) 482-8885	santafevipassana.org	Various
		Sunlun Vipassana Meditation	(505) 982-4148 x 2	lifetransition.com	Ralph Steele
	Silver City	Silver Insight Sangha	(575) 534-4231	nama1rupa@yahoo.com	Allan Cooper, Debora Ritchie
	Taos	Bob Parker/Laura Collins	(575) 751-1963	taosmountainsangha.org	
NY Bedford Hills	Westchester Insight	(914) 244-8590	westchesterinsight.org	Gina Sharpe, Katy Wiss	
	Buffalo	Buffalo Mindfulness Community	(716) 626-9016 x 205	buffalodharma.org	
	New York	Addiction & Recovery Sangha	(212) 213-4802	nyimc.org	Sandra Weinberg
		People of Color Sangha	(212) 213-4802	nyimc.org	Gina Sharpe
		Young Adults Sangha	(212) 213-4802	nyimc.org	Sebene Selassie
	West Village	IM Group	(212) 228-2447	robbinska@rcn.com	
	Rhinebeck	Rhinebeck Insight Meditation	(845) 876-7963	rhinebeckinsight.blogspot.com	Jose Reissig
NC Asheville	Asheville Meditation	(828) 808-4444	ashevillemeditation.com		
	Charlotte	Insight Meditation Community	(704) 544-0003	insightmeditationcharlotte@gmail.com Joy LiBethe	
NC Kitty Hawk	Jim Layton	(252) 449-8595	drjim@embarqmail.com	Jim Layton	
	Winston Salem	Forest Brook Sangha	(336) 725-5262	onespirithorse@hotmail.com Kirtan Coan	
ND Grand Forks	Lotus Meditation Center	(218) 779-3513	und.edu/lotus-center		
NV Carson City	Dharma Zephyr	(775) 882-1662	dharmazephyr.org		
	Las Vegas	Lotus in the Desert	(702) 525-6490	lotusinthedesert.org	
		Desert Dharma	(702) 525-6490	wakamonk@aol.com	Greg Pergament
	Reno	Dharma Zephyr	(775) 771-3435	dharmazephyr.org	
		One River Sangha	(775) 813-7155	oneriversangha.org	
OH Cleveland	Insight Meditation of Cleveland	(216) 407-2809	imcleveland.org	John Cunningham	



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OH Yellow Springs	Yellow Springs Dharma Center	(937) 767-9919	ysdharma.org		
	Athens ACMP	(740) 593-8155	brrydilly@gmail.com	Berry Dilley	
OR Ashland	Jem Mara	(541) 761-7576			
	Bend Patty Giffin	(541) 382-2677	pgiff@coinet.com		
		Valeta Bruce, CDL	(541) 389-9449		
	Cottage Grove Ahimsa Acres Vipassana Sangha	(541) 942-0583	lugenbehd@lanecc.edu	Dale Lugenbehd	
	Portland Listening Heart Sangha	(503) 230-0665	nanfor@comcast.net	Nan LeRoy	
		Portland Insight Meditation	(503) 771-4123	portlandinsight.org	Robert Beatty
		Portland Friends of the Dharma	(503) 233-6498	pdxdharma.org	Sakula Mary Reinard
PA Bryn Mawr	Meditation Mornings	(610) 664-4106	meditationmorning@gmail.com	Barbara Fishman	
	Gettysburg IMC of Gettysburg	(443) 465-9358	jewellnote@gmail.com	John Mulligan	
	Philadelphia Boundless Heart Sangha	(267) 226-7923	bodhitree3@yahoo.com		
	Havertown Philadelphia Meditation Center	(610) 853-8200	philadelphiameditation.org	Peer led	
TN Nashville	Insight Nashville	(615) 385-9516	insightnashville.org	Gordon Peerman	
	Sewanee The Buddhist Sitting Group	(931) 598-1529	sbrown@sewanee.edu		
TX Austin	Mariposa Sangha	(512) 565-3774	mariposasangha.org		
	Beaumont Insight Meditation Beaumont	(409) 860-0001	njuniper@sbcglobal.net		
	Houston Citta101 Cyber Sittings	(713) 662-2743	citta101.org/online.htm	Mary Rees	
		Insight Meditation Houston	(713) 528-3905	insighthouston.org	Ginger Clarkson
	San Antonio Yellow Dog Sangha	(830) 964-3684	insightmeditationsanantonio.com	Randy Gribbin	
	Wimberley Wimberley Sangha	(830) 964-3684	insightmeditationsanantonio.com	Randy Gribbin	
	UT Moab	Moab Sangha	(435) 259-8618	deserthdharma.org	Susie Harrington, Sarah Heffron
Salt Lake City SLC Insight		(801) 913-8439	mark.mackenzie@slcc.edu	Susie Harrington	
VT Brattleboro	Vermont Insight Meditation Cen	(802) 254-7077	vermontinsight.org	Claire Stanley	
	Burlington Exquisite Mind Studio	(802) 660-8043	exquisitemind.org	Annie Kozak	
	Middlebury Green Mountain Sangha	(802) 388-7329	greenmountainsangha.org	Ann S. Barker	
	Montpelier Jeff Scannell	(802) 279-4907	jeffscannell@aol.com	Jeff Scannell	
VA Arlington	Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	J. Foust, S. Regli, M. VanDevanter	
	Charlottesville IMC-Charlottesville	(434) 971-2728	imeditation.org	Coffey, Beckman-Brindely, Stone	
	Fairfax Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	Jon Waterman	
	Falls Church Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	Mary VanDevanter	
	Richmond Andy Wichorek or Nancy Hsu	(804) 337-2707	ekojirichmond.org		
	Staunton Mindfulness Meditation Grp	(540) 886-3956x115	cjneely2006@yahoo.com	Charmi Neely & Pat Peason	
	Vienna Insight Meditation/Wash. DC	(202) 985-2922	imcw.org	Aubry, Waterman, Stotler	
	Winchester Winchester Insight Meditation	(540) 542-6139	shell.fischer@earthlink.net	Shell Fischer	
WA Bellingham	Bellingham Insight Meditation	(360) 758-7260	bellinghaminsight.org		
	Port Townsend Port Townsend Sangha	(360) 379-0136	ptsangha.org		
	Seattle Capitol Hill Sitting Group	(206) 412-8465	seattleinsight.org	Tuere Sala	
		Dharma Buddies	(206) 423-0122	dharma_buddies@yahoogroups.com	
		Lotus Sisters	(206) 329-5908	lotussisters.org	Arinna Wiseman
	Seattle Insight Meditation Soc	(206) 366-2111	seattleinsight.org	Rodney Smith	

**UNITED STATES
STATE/CITY**

STATE/CITY	GROUP/CONTACT NAME	PHONE	WEBSITE/EMAIL	TEACHER/LEADER
WA Seattle	People of Color and Allies	(206) 300-5953	nativesangha.org/seattle.shtml	<i>Peer led</i>
Spokane	Mainstream Mindfulness	(509) 928-3863	mainstream-mindfulness.com	<i>Dori Langevin</i>
	Concentration Meditation Group	(509) 263-7213	spokanejhana@me.com	<i>Brian Gavin</i>
Walla Walla	Walla Walla Dharma Sangha	(509) 522-2374	wwdharmsangha.org	<i>Peer led</i>
WI Madison	Madison Insight Meditation	(608) 829-0944	vipassana.net	
Onalaska	Coulee Region Sangha	(608) 781-8007	liberationpark.org	<i>Santikaro</i>

**INTERNATIONAL
PROVINCE/CITY**

PROVINCE/CITY	GROUP/CONTACT NAME	PHONE	WEBSITE/EMAIL	TEACHER/LEADER
AU Medlow Bath	BMIMC	(02) 4788 1007	meditation.asn.au	<i>In the Mahasi tradition</i>
Australia-wide	Insight Meditation Network	(07) 3343 8243	dharma.org.au	
Blackheath	Cloud Refuge	(02) 4787 5662	cloudfuge.org	<i>Joyce Komblatt</i>
CA Calgary, AB	Calgary Vipassana Sangha	(403) 243-9697	yogamcc.com	<i>Barbara Ross</i>
Salt Spring, BC	SSI Vipassana	(250) 653-9729	ssivipassana.org	<i>Heather Martin</i>
London, ON	MindfulBreath PeacefulBody	(519) 777-3471	mindfulbreathpeacefulbody@yahoo.com	<i>P Bradley Hunter</i>
Montreal, QC	True North Insight	(613) 422-4880	truenorthinsight.org	<i>Daryl Lynn Ross, Pascal Auclair</i>
	Yoga on the Park Comm. Med	(514) 712-9642	yogaonthepark.ca	<i>J Gormley, J Ransom, V Wynne</i>
Ottawa, ON	Ottawa Insight Meditation Group	(613) 422-4880	payattention.org	<i>Steven Hick</i>
Peterborough, QC	The Buddhist Place	(705) 743-2172	buddhistplace.org	
Regina, SK	Regina Insight Meditation Cmty	(306) 522-0616	reginainsight.ca	<i>Chris Gilboy</i>
Toronto, ON	Spring Rain Sangha	(416) 444-9292	springrainsangha.com	<i>Jim Bedard, Randy Baker</i>
Vancouver, BC	Relational Dharma	(604)681-5671	contact@jeannedavies.com	<i>Jeannine Davies</i>
CH Geneva	Centre Vimalakirti	(412) 234-51251	vimalakirti.org	<i>C. Genoud, P. Genoud-Feldman</i>
MX Oaxaca	Vipassana Oaxaca	(951) 182-5747	lindawil@mac.com	<i>Linda Wilson</i>
San Miguel	SMA Meditation Community	(734) 994-1026	bardena@comcast.net	<i>Ann Barden</i>
Tulum	Dharma Punx	(818) 209-3921	johnmarchaudio@gmail.com	<i>John March</i>
NZ Taiura, NA	Te Moata Sangha	(07) 868 8798	temoata.org	
UK Kendal Cumbria	Buddhist Group Kendal Theravda	(01) 539-729793	bgkt@etherway.net	<i>Sangha Teachers</i>
W. Berkshire, Newbury	First Precept Group	(01) 7909545380	5th-precept.org	<i>Peer led</i>