Meditation Centers/Sanghas

 *Center for Spiritual Living (Tacoma)*

 Vipassana (Insight) Meditation

 Drew Ebersole and Invited Guests, Guiding Teachers

 Meets Thursday Nights (weekly) 7-8:30

 *Seattle Insight Meditation Society*

 Vipassana Meditation/ also informed by other traditions

 Tuere Sala, Tim Geil and Keri Pedersen Teachers

 Many weekly meetings, classes and talks, both in person and on-line

 Contact via: [seattleinsight.org](http://seattleinsight.org) (206) 659-5546. There is also an email contact page on the website.

 \* SIMS is also supported by what they call “Local Dharma Leaders” who have been approved to teach by the guiding teachers.

 *Clear Mountain Monastery (Seattle)*

 Both an aspiring monastic and lay practice center for the greater Seattle area

 Insight Meditation in the Thai Forest Tradition

 Ajahn Nisabho (and others) Guiding Teacher

 Multiple in-person and on-line meetings, classes and talks

 [clearmountainmonastery.org](http://clearmountainmonastery.org)

 Contact via: clearmountainmonastery.org

 Sravasti Abbey, Newport, Washington (1hour north of Spokane)

 A blended Abbey where monks, Nuns and lay students “learn, practice and live the Buddha’s Teachings” in the tradition of His Holiness the Dalai Lama

 Venerable Thubten Chodron, Founding Teacher

 sravastiabbey.org

 Great Vow Zen Monastery: Portland and Clatskanie, Oregon

 “American” Zen, informed by other traditions

 In person and on-line meetings, talks and classes

 Chosen Bays, Roshi and Hogen Bays, Roshi Founding Teachers

 zendust.org

 Cloud Mountain Retreat Center, (near Castle Rock, Washington) about 1.5 hours south of Tacoma)

 Year round retreats in a gorgeous setting offered by selected teachers primarily in the insight/ Vipassana traditions With some offerings from Mahayana and Vajrayana schools.

 [cloudmountain.org](http://cloudmountain.org) and friendsofcloudmountain.org

 Talks and Guided Meditations

 [dharmaseed.org](http://dharmaseed.org) (Spirit Rock Meditation Center)

 [dharmaground.org](http://dharmaground.org)

 [dharma.org](http://dharma.org) (IMS)