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)