**Seattle Area Meditation Groups**

**Secular Mindfulness**

* Seattle Mindfulness Center: Drop in mindfulness meditation hour from 7:30-8:30pm every Tuesday & 7:40-8:30am on Friday (Please note that this is a silent sit; no discussion).

6306 Phinney Ave N, Seattle WA 98103

www.seattlemindfulnesscenter.com

* Mindfulness Meditation with Carol Jakus at Soma Yoga in Ballard: Monday evenings from 7:30-8:30pm. 1423 NW 70th St, Seattle, WA. http://www.soma-yoga.com/bios/carol\_jakus.htm
* Frye Art Museum: Lunchtime secular, drop-in mindfulness meditation group from 12:30-1:00pm every Wednesday. 704 Terry Avenue, Seattle , WA 98104 http://fryemuseum.org/calendar/
* Downtown Seattle Lunch Hour Meditation: Mondays 12:30-1pm Organized and hosted by Amy Darling, a licensed acupuncturist who has been practicing Zen Buddhism since 1996. Medical Dental Building, 509 Olive Way, Winter Garden 3rd Floor Conference Room. www.amycdarling.com

**Mindfulness Meditation from a Buddhist Perspective**

* Seattle Insight Meditation Society (SIMS): Mindfulness meditation from a Buddhist perspective, in the Vipassana tradition. They offer a beginning meditation class at various locations throughout Seattle as well as a regular meditation group and lecture at 7:00pm on Tuesdays (Center for Spiritual Living - Sanctuary Room) and Thursdays (Keystone Church). www.seattleinsight.org
* Mindfulness Community of Puget Sound: Mindfulness meditation from a Buddhist perspective, in the tradition of Thich Nhat Hanh. Regular evening and day long mindfulness programs, as well as POC specific groups and opportunities for families and young adults. 1920 24th Ave. S. Seattle, WA www.mindfulnesspugetsound.org
* Shambhala Center: Offers a variety of sitting groups and retreats including a recovery specific group, an LGBTQI group, a POC group and one for families. https://seattle.shambhala.org/

**Meditation Retreats & Workshops**

* Cloud Mountain Retreat Center: A Buddhist center offering a variety of residential retreats year round. It is located 125 miles south of Seattle and 60 miles North of Portland. http://cloudmountain.org
* Seattle Insight Meditation Society (SIMS) offers a variety of non-residential day-long and weekend retreats, as well as longer retreats. www.seattleinsight.org
* Mindfulness Northwest:  Provides a variety of classes, retreats and workshops throughout the Pacific Northwest. <https://www.mindfulnessnorthwest.com/about>

**Meditation for Recovery**

<https://nwbuddhistrecovery.org/calendar/tag_ids~46/>

The above website lists a variety of recovery specific groups and meetings in the Seattle area, including Refuge Recovery, Heart of Recovery and Eight Step Recovery.

**ONLINE MEDITATION INSTRUCTION**

<http://www.dharmaseed.org/> Downloadable meditation teachings and instruction

[www.tarabrach.com](http://www.tarabrach.com) Downloadable talks and guided meditations

[www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org) & [www.self-compassion.org](http://www.self-compassion.org) Instruction in self-compassion meditation

Insight Timer App: Free meditations & timer.