**Seattle Area Meditation Groups**

**Secular Mindfulness**

* Seattle Mindfulness Center: Drop in mindfulness meditation hour from 7:30-8:30pm every Tuesday. 6306 Phinney Ave N, Seattle WA 98103

www.seattlemindfulnesscenter.com

* Frye Art Museum: Lunchtime secular, drop-in mindfulness meditation group from 12:30-1:00pm every Tuesday. 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. 1920 24th Ave. S. Seattle, WA www.mindfulnesspugetsound.org
* Northwest Dharma Association: A resource for information on meditation in the Buddhist tradition – includes a regular newsletter with articles by meditation teachers and a listing of local meditation classes and retreats. www.nwdharma.org

**Meditation Retreats**

* 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