Approved Meditation Retreat Centers

Below is a partial list of organizations which offer retreats that fulfill the teacher training requirements. Many other teachers and communities offer retreats that fulfill the requirements, please email info@theidproject.org for more information. Note that workshop retreats generally do not qualify.

Insight Meditation Society: www.dharma.org

Blue Cliff Monastery: https://www.bluecliffmonastery.org/

Zen Mountain Monastery: https://zmm.org

Wonderwell Mountain Refuge: https://www.wonderwellrefuge.org

Goenka Retreats Worldwide— www.dhamma.org

Thich Nhat Hanh Retreats worldwide: https://www.thichnhathanhfoundation.org/

Milarepa Center: http://milarepacenter.org/about-us/

Spirit Rock: www.spiritrock.org

Buddhist Insight Network lists retreats throughout the world-- http://www.buddhistinsightnetwork.org/retreats

Vallecitos Mountain Refuge: www.vallecitos.org