

Seattle Area Meditation and Mindfulness Resources

- **Bet Alef Meditational Synagogue:** Mindfulness meditation within the Jewish tradition
Rabbi Olivier BenHaim www.betalef.org 206-527-9919 1111 Harvard Ave
- **Centering Prayer Groups:** Mindfulness meditation practiced in a Christian tradition. There are centering prayer groups throughout the Greater Seattle area, consult www.conw.org One group meets at St. Mark's Episcopal Cathedral, 1245 10th Ave E. Contact: Gay Marcontell at 206.322.7482
- **Compline Service, St Mark's Cathedral. (Drop ins welcome)** Every Sunday evening at 9:30 p.m., the all-male Compline Choir leads this formal choral service. An average audience of 500 packs the Cathedral for this meditative service. Many more listen live on KING-FM, 98.1 <http://www.saintmarks.org/Worship/Music/Compline.php> 1245 Tenth Avenue East Seattle
- **Downtown Seattle Lunch Hour Meditation (Drop ins welcome)** Mondays 12:30-1pm Basic instructions provided. Free. Offered by Amy Darling, a licensed acupuncturist who has been practicing Zen Buddhism since 1996. 509 Olive Way, Conference Room, 3rd Floor. www.amycdarling.com (206) 920-9929
- **Frye Museum (Drop ins welcome)** - Wednesdays at 12:30 pm. Partnering with Swedish Medical Center Rehab Services, the Frye offers free, thirty-minute "drop-in" mindfulness-meditation sessions. Guided by Carolyn McManus, PT, MS, MA and Diane Hetrick, PT.
- **Monday Mindfulness Meditation (Drop ins welcome)** 7:30-8:30pm Carol Jakus is a psychotherapist and MBSR teacher. Offered at SOMA Yoga. 1423 NW 70th Street, Seattle WA caroljakus@mac.com 206.755.9313
- **Northwest Dharma Association:** A rich 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 (206) 441-6811
- **Seattle Mindfulness Center - Tuesday from 7:30-8:30pm (Drop ins welcome)** The Seattle Mindfulness Center offers individual and couples therapy, mindfulness-based classes, a community meditation group, and professional training. 6306 Phinney Ave N Seattle, WA 98103 <http://seattlemindfulnesscenter.com/>
- **Seattle Insight Meditation Society (SIMS):** Mindfulness meditation from a Buddhist perspective (Vipassana style) Regular meditation and lecture on Tuesdays at 6:45 p.m. at Guiding teacher Rodney Smith, beginning meditation classes throughout the Seattle area and regularly sponsored events with visiting teachers. 2729 – 6th Avenue South, Seattle www.seattleinsight.org
- **University Friends Meeting** – Seattle area Quakers, silent worship services weekly. www.scn.org/friends/ufm.html 4001 9th Ave NE, Seattle, WA 98105 ~ 206.547.6449
- **YMCA Downtown (Drop ins welcome)** Tuesdays 12:15-1pm Weekly drop in group sponsored by the Kadampa center, designed to show how to apply simple meditation techniques and basic Buddhist psychology in the midst of a normal, modern lifestyle. (206) 526-9565 meditateinseattle.org/downtown#.VBoAsOdXa74

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