

## **Meditation and Mindfulness Resources**

This is by no means a comprehensive list of meditation and mindfulness resources in the Boston area. This is also not a list of resources that I specifically endorse. While I have some direct knowledge of some of the groups, I have not personally researched all of them. If you are interested, check out their website, go for a visit, and ask a lot of questions.

### **Boston Old Path Sangha**

<http://www.bostonoldpath.org/>

**Boston Shambhala Center**  
**646 Brookline Avenue**  
**Boston, MA 02445**  
**617.734.1498**

<http://www.shambhalaboston.org/>

Roughly translated from the original Sanskrit word, Shambhala is commonly understood to be a “place of peace, tranquility, and happiness. To learn more click go to [http://www.shambhala.org/about\\_shambhala.php](http://www.shambhala.org/about_shambhala.php).

**Cambridge Insight Meditation Center**  
**331 Broadway**  
**Cambridge, MA 02139**  
**617.491.5070**

<http://www.cimc.info/>

Insight meditation, also known as Vipassana, is a tradition practiced for the last 2,500 years. The core practice is mindfulness: an awareness that sees without judgment.

**Cambridge Zen Center**  
**199 Auburn Street**  
**Cambridge MA 02139**  
**617.576.3229**

<http://www.cambridgezen.com/>

**Drikung Meditation Center**  
**15 Bartlett Avenue**  
**Arlington, MA 02476**  
**1.888.390.5580**

<http://www.drikungboston.org/>

**Kurukulla Center for Tibetan Buddhist Studies**  
**68 Magoun Avenue**  
**Medford, MA 02155**  
**617.624.0177**

<http://www.kurukulla.org/>

Dzogchen Foundation

**Sakya Institute for Buddhist Studies**  
**P.O. Box 391042**  
**Cambridge, MA 02139**  
**617.492.2614**

<http://www.sakya.net/>

**Vipassana Meditation Center**  
**386 Colrain-Shelburne Road**  
**Shelburne, MA 01370**  
**413.625.2160**

<http://www.dhara.dhamma.org/ns/>