

## MEDITATION GROUPS AND RETREAT CENTERS

Amma, Amavasya/Punima Satsang [Mata Amritanadamayi Devi] To find the closest satsang go to [www.ammanewengland.org/](http://www.ammanewengland.org/) or contact the New England Regional Coordinator, Babu Makkencherry at 860-632-8877 or at [bmakkencherry@hotmail.com](mailto:bmakkencherry@hotmail.com). To join the e-list email [ammanewengland@verizon.net](mailto:ammanewengland@verizon.net)

American Buddhist Shim Gum Do Association [Zen, Mind Sword Path] 203 Chestnut Hill Ave., Brighton, MA 02135, Tel: 617-787-1506, URL: [www.shingumdo.org/](http://www.shingumdo.org/) 1st Fri. of every month from 6-7:30, Free meditation session and dharma talk.

Back Bay Yoga [Vipassana] 1112 Boylston Street, Boston, MA 02215 URL: [www.backbayyoga.com/index.htm](http://www.backbayyoga.com/index.htm) Sundays 6:30-7:00 Intro. to Meditation.

Boston FWBO Friends Western Buddhist Order [Mixed Traditions/FWBO/Western] 240-B Elm St., Suite B-10, Somerville, MA 02144-2935, URL: [www.bostonfwbo.org](http://www.bostonfwbo.org) Offers introductory courses, group meditation, and retreats.

Boston Old Path Sangha [Buddhism/Thich Nhat Hahn] 27 Kingsboro Park, Jamaica Plain, MA, 02130. URL: [www.bostonoldpath.org](http://www.bostonoldpath.org) For information call Sue Bridge @ 617-367-3165. Offers weekly sittings, workshops, and other programs. Locations vary: Boston, Brookline Village, Jamaica Plain, Cambridge.

Boston Shambhala Center [Tibetan, Kagyu Lineage] 646 Brookline Ave., Brookline, MA 02445. Tel: 617-734-1498. URL: <http://shambhalaboston.org/main.asp> Nyinthun (ongoing sitting and walking meditation) every Sunday morning from 9-12. Open to all. Meditation instruction is always offered. Open house with sitting meditation and discussion on Wed. night at 7:00.

Boundless Way Zen Spring Hill; Unitarian Universalist Church of Medford, 147 High St., Medford, MA 02155 URL: [www.springhillzen.org](http://www.springhillzen.org) Zazen practice: Sat. mornings 9-11:30. Brunch follows somewhere in the Medford Square.

Brahma Kumaris Learning Center for Peace; 75 Common St., Watertown, MA 02472, Tel: 617-926-1230 URL: [www.bkwsboston.com](http://www.bkwsboston.com) Group meditation every Sun. from 7-8pm. Every 3rd Sun. world meditation hour.

Cambridge Buddhist Association [Non-sectarian] 75 Sparks St., Cambridge, MA 02138, Tel: 617-491-8857 Email: [cambridgebuddhist@worldnet.att.net](mailto:cambridgebuddhist@worldnet.att.net)

Cambridge Zen Center [Korean Chogye] 199 Auburn St., Cambridge, MA 02139, Tel: 617-576-3229 URL: [www.cambridgezen.com/](http://www.cambridgezen.com/) Daily practice is free and open to all. Monday nights at 6:45pm, free intro. to formal practice.

If you would like your meditation group listed please contact the Horai-San staff by calling 617-277-4321

Cambridge Insight Meditation Center [Vipassana] 331 Broadway, Cambridge, MA, 02139  
Tel: 617-4915070 URL: [www.cimc.info/index2.html](http://www.cimc.info/index2.html) Daily sitting Mon.- Fri. from 7-7:45am. Evenings 6-6:45pm (except Wed. evening 6:45-7:30). Sun. 2-5:15pm, 5 sitting/walking meditation sessions. Offers meditation instruction Tue.6-7. Also, offers other beginner workshops.

Clear Light Society; URL: [www.clearlightsociety.org](http://www.clearlightsociety.org) Offers various meditation retreats in the Boston area. Zen meditation group held on Wed. at 7:30pm in Andover, MA. For information call 978-794-0989. Zen group also meets in Stockbridge, MA at 7pm. Call 413-298-4446.

Dhyanyoga Center/Anandi Ma Satsang, URL: [www.dyc.org](http://www.dyc.org) Meditation group in Woburn, MA, Call: Amba/Balu at 781-935-5865

Drikung Meditation Center [Tibetan, Kagyu, Drikung] 8A Hillside Park, Somerville, MA 02143 Tel: 617-776-0026 URL: <http://drikungboston.org> Meditation practice and study every Wed. at 7pm and Sun. at 10am (Sun. practice is held at the Charles River Shiatsu School, 585 Mass. Ave., Cambridge, Ring Bell for 4th Floor).

Earthsong Yoga Center, 186 Main St. 2nd Floor, Marlboro, MA 01752. Tel: 508-480-8884 URL: [www.earthsongyoga.com](http://www.earthsongyoga.com) Offer many different meditation classes, including beginner workshops.

The Greater Boston Church of Spiritualism, Located at the Masonic Center, 32 Church St., Watertown, MA 02472. Tel: 617-923-4334 URL: [www.greaterbostonchurchofspiritualism.com](http://www.greaterbostonchurchofspiritualism.com) Offers Sun. meditation from 2:30-4pm and many other services.

Greater Boston Buddhist Cultural Center, 950 Mass. Ave., Cambridge, MA 02139, Tel: 617-547-6670 URL: [www.gbccc.org](http://www.gbccc.org) Offers meditation classes for adults and children, and study/practice groups.

Dzogchen Center [Tibetan Rime (Non-sectarian)] URL: [www.dzogchen.org](http://www.dzogchen.org) Tel: 617-628-1702 Offers guided meditation, chanting, and other programs.

Guru Ram Das Ashram [American Sikhs] 368 Village St., Millis, MA 02054 Tel: 508-376-4527 Daily Sadhana 3:40-6:30am, Sat. and Sun. 5-7am (live music on Sun.)

Henry Thoreau Zen Sangha [First Unitarian Society] 1326 Washington St., West Newton, MA 02465, Tel: 617-527-3203 URL: [www.fusn.org/zen/html](http://www.fusn.org/zen/html) Worship at 10:15am, 9:30am during the summer, on Sundays.

Insight Meditation Society [Vipassana] 1230 Pleasant St., Barre, MA 01005 Tel: 978-355-4378 URL: [www.dharma.org](http://www.dharma.org) Offers short and long retreats with various guest speakers. Co-founded by Sharon Salzberg and Joseph Goldstein.

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International Society of Krishna consciousness, 72 Commonwealth Ave., Boston, MA 02116  
Tel: 617-247-8611 URL: [www.Iskconboston.org](http://www.Iskconboston.org) Daily Mangala Arati 4:15-5am, Deity greeting and Guru puja 7-7:30am, Srimad Bhagavantam class 7:30-8:30, Gaura Arati and Kirtan 7-7:30 except Wed. and Sun. Feast celebrations on every Wed. and Sun.

Kurukulla Center for Tibetan Buddhist Studies, 68 Magoun Ave., Medford, MA 02155 Tel: 617-624-0177 URL: [www.kurukulla.org/](http://www.kurukulla.org/) Offers many programs for meditation practice.

The New England Hindu Temple Inc. [Sri Lakshmi Temple] 117 Waverly St., Ashland, MA 01721 Tel: 508-881-5775 URL: [www.nehti.org](http://www.nehti.org) Pujas daily, and offers other services and festivals.

The New England Sikh Circle, 204 East Main St., Milford, MA 01757 Tel: 508-478-2469 URL: <http://nesscma.tripod.com/> Regular Sun. Diwam 10:30am-1pm, followed by langar. Other programs are offered.

The Order of Christ/Sophia [Christian Mysticism] Locations in Jamaica Plain, Newton, Cambridge. Tel: 617-852-2822 URL: [www.orderofchristosophia.org](http://www.orderofchristosophia.org) Meditation/Communion everyday (2x a day).

Peace Abbey, 2 North Main St., Sherborn 01770, Tel: 508-655-2143 URL: [www.peaceabbey.org](http://www.peaceabbey.org) Monument to Gandhi and the timeless peace movement. Chapel: check website for upcoming events and services.

Ramakrishna Vendanta Society Church, 58 Deerfield St., Boston, MA 02215 Tel: 617-536-5320 Services are held every Sunday from 11am to 12pm; lectures are held Thur. evenings 7:30-8:30.

Rigpa Boston [Tibetan Nyingmapa (Rigpa)] URL: [www.rigpaboston.org](http://www.rigpaboston.org) Tel: 781-433-7120 Offers classes, intro. courses, and practice groups.

Sahaja Yoga [Shri Mataji Nirmala Devi] URL: [www.sahajayogamass.org](http://www.sahajayogamass.org) Located in Eastern Massachusetts. Offers meditation groups, classes, and other programs. Classes are always free and open to everyone.

Sakya Center for Buddhist Studies [Tibetan, Buddhist] Tel: 617-492-2614 URL: [www.sakya.net/](http://www.sakya.net/) Meditation programs held at various locations (many in Cambridge). Also, retreats are offered at the Sakya retreat center in Barre, MA.

Siddha Yoga Meditation Center of Greater Boston [Gurumayi] 75 North Beacon St., Watertown, MA, 02472 Tel: 617-924-2023 URL: [www.symcgb.org/](http://www.symcgb.org/) Thur. 7:30-9pm Satsang, Sun. 7:15am morning Arati and food offering to Bhagawan Nityananda, Sun. 8:30am Guru Gita.

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Self-Realization Fellowship [Yogananda] 751 Main St., Waltham, MA 02451 Tel: 781-894-9664 Meditation practice times are as follow: Sun. 10-12am, Thur. 6:30-9:30pm (1st Thur. of the month meditation service is followed by kirtan).

Sri Aurobindo and the Mother's Study, 108 Kilmarnock St., Apt. 102, Boston, MA 02215 Tel: May "Angel" Finn at 617-262-6390 Email: Marysinn3@verizon.net Meditation every Wed. at 7:15pm.

Sri Chinmoy Meditation Center, 240 Elm St., Somerville, MA 02143 Tel: 617-776-1096 Offers free meditation groups. Call for information.

Swaminarayan Temple [Gujarati Vaishnavi (Hinduism)] 403 Andover St., Lowell, MA 01852 Tel: 978-458-4444 URL: [www.swaminarayan.org/globalnetwork/america/boston.htm](http://www.swaminarayan.org/globalnetwork/america/boston.htm) Open daily for Darshan and Aarti (8am-12noon and 4-8:30pm). Worship services held Sat. at 5:30pm.

The Transcendental Meditation Program [Maharishi Mahesh Yogi] URL: [www.tm.org/](http://www.tm.org/) Toll Free Tel: 1-888-Learn-TM Call to find the nearest TM instructor based on your area code.

Tsegyalgar/Dzogchen Community in America, Schoolhouse Rd., Conway, MA 01341 Tel: 413-369-4153 URL: [www.tsegyalgar.org](http://www.tsegyalgar.org) Offers classes and retreats.

Vendanta Centre [Ananda Ashram] 130 Beachwood St., Cohasset, MA 02025 Tel: 781-383-0940 URL: [www.vedantacentre.org](http://www.vedantacentre.org) Thur. 7pm class and meditation, Sun. 11am public service. Also, offers retreats.

Zen Mountain Monastery, PO Box 197, Mt. Tremper, NY 12457 Tel: 845-688-2228 URL: [www.mro.org](http://www.mro.org) Offers weekend introductory courses, retreats, and opportunities for full-time students.

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