

# List of Meditation Centers Offering Retreats: Public Access Document

-This is a collection of meditation centers that provide options for in-person retreats, either in structured groups or as self-retreats. The list is incomplete and I encourage you to use the “search engines” below to find other sites; please consider adding them as “comments” to this document and I can then incorporate them

## Search Engines

Buddhanet:

[http://www.buddhanet.info/wbd/search.php?keyword=&search=Search&country\\_id=0&province\\_id=59&tradition%5B%5D=theravada](http://www.buddhanet.info/wbd/search.php?keyword=&search=Search&country_id=0&province_id=59&tradition%5B%5D=theravada)

Retreat Finder:

<https://www.retreatfinder.com/Search.aspx?q=meditation>

## Information

When possible, we should try to include:

URL:

Retreat options: solo or group

Nightly cost: Dana or \$ amount

Approach: Theravada, Mahayana, MBSR, contemporary mindfulness, Goenka, etc.

Resident monk: yes/no or name

Accommodations/prerequisites:

Location:

## Northeast

### Cross River Meditation Center

Offers retreats and also a one-year teacher certification program

<https://becoming-buddha.com/>

### Dharma Drum, NY

[https://www.retreatfinder.com/Retreats/United\\_States/New\\_York/1283.aspx?d=377](https://www.retreatfinder.com/Retreats/United_States/New_York/1283.aspx?d=377)

## Dharmakaya, NY

[https://www.retreatfinder.com/Retreats/United\\_States/New\\_York/20044.aspx?d=377](https://www.retreatfinder.com/Retreats/United_States/New_York/20044.aspx?d=377)

Mahayana

## Empty Cloud, NJ

Theravada/Early Buddhist

<https://buddhistinsights.org/events/>

Retreat options: solo or group: any; allows individual week long events

Nightly cost: Dana

Approach: Theravada but welcomes teachers of different styles.

Resident monk: Ayyā Somā and Bhante Suddhāso

Accommodations/prerequisites: Asks attendees to not use smartphones, etc.

Location: 29 Ridgeway Ave, West Orange - NJ

## Garrison Institute, NY

Secular meditation group

<https://www.garrisoninstitute.org/being-here/in-person-retreats/>

Located in Garrison, NY

## Insight Meditation Society (IMS), MA

Has 3 locations: the Retreat Center, the Forest Refuge, and the Barre Center for Buddhist Studies

<https://www.dharma.org/retreats/forest-refuge/fees/>

Typically costs \$155 per night, so a 7 day retreat is \$1000, and does not include dana and travel expenses, so it is likely around \$1200-1500

Has 7-30 day courses that often fill up months in advance.

## Jetavana

URL: <https://forestmonastery.org/>

Retreat options:

Nightly cost:

Approach: Theravada/Thai Forest

Resident monk: yes

Accommodations/prerequisites:

Location: Temple Forest Monastery

32 Derbyshire Ln

Temple, NH, 03084

Tel.: (603) 654-2292

## Philadelphia Meditation Center (PA)

URL: <https://www.philadelphiameditation.org/>

Retreat options: group. Held 2-4 times a year as weekend (3 day) residential or commuter retreats

Cost: Approx \$250 for a weekend residential retreat

Approach: Varies by teacher

Resident monk: No

Accommodations/prerequisites: none

Location: Philadelphia suburb

## Springwater Center, NY

URL: <https://www.springwatercenter.org/about/>

Retreat options: solo or group

Nightly cost: Varies; approximately \$50-\$100/night with food

Approach: Initially Zen, now varies

Resident monk: no

Accommodations/prerequisites: Application

Location: 7179 Mill St. Ext

Springwater, NY 14560

## True River Sangha, PA

Part of the Plum Village Community (Thich Nhat Hanh)

Media, Pennsylvania

<https://www.heartspacemedia.com/classes/>

<https://www.meetup.com/True-River-Sangha/>

## Vipassana Institute (Goenka)

Has locations nationwide

Northeastern site: Dhamma Pubbananda Vipassana Meditation Center

Claymont, Delaware

Offers 10 day and 3 day classes; can sign up 2-3 months in advance, often has a waiting list

Cost: Donation-based

<https://www.dhamma.org/en-US/schedules/schpubbananda>

Others to add:

Buddhist Sangha of South Jersey

Springboard Meditation Sangha

Willow Branch Sangha

Zen Center

Chenrezig Tibetan Buddhist

Three Jewels Buddhist Temple

Shambhala Meditation  
Soji Zen Center  
Soka Gakkai International  
Heart Space at Seven Stones  
Princeton Area Zen Group  
Chua Bo De Buddhist Temple  
Wat Mongkoltepmunee  
Delaware Valley Zen Center  
Menlha Kadampa Buddhist Center

## Southeast

### Bhavana Society, WV

<https://bhavanasociety.org/schedule>

#### Organized Retreats

Have about 6+ different planned retreats: <https://bhavanasociety.org/retreats-and-events/>

#### Residential Retreats

<https://bhavanasociety.org/events/residential-retreat/>

Can stay for a week or longer

No cost, but requires donating time (2-4 hrs/day) and no computers/smartphones or leaving the site

Requires having done prior short retreats and getting references from others on their application form

Need to apply at least 2 months in advance

#### Neighborhood

-Near the major Shenandoah Valley park system

-2 hrs from DC

-4 hrs from Philly

-Some apartments in a nearby town about 30 min away; about \$1200 for an apartment. Some houses for rent for about \$1-1.5k/month.

-Near Shenandoah University, which has 4000 students (does not appear to be a religiously-affiliated school)

### Charlotte Buddhist Vihara

<https://www.charlottebuddhistvihara.org/contact-us/>

### Forrest Dhamma, VA

URL: <https://forestdhamma.org/visit/>

Location: 255 Snakefoot Lane, Lexington, Virginia 24450

-Approx 6 hours south of Philadelphia

## Lion of Wisdom Meditation Center

Bhante Rahula is the sole resident monk (he trained with Bhante Gunaratna and is originally from California)  
Has meditation huts for 2-7 day solo unstructured retreats

<https://www.lionwisdom.org/>

About 2.5 hours from my Philly, and then another hour south to go visit DC

[info@lionwisdom.org](mailto:info@lionwisdom.org)

Instructions from website (copied 12/27/2021):

“Sleeping bag or bed sheets, pillow case, personal towel, yoga mat if you have one, house slippers and refillable water bottle.”

“A self-meditation retreat here can be from two days to a week or more depending on variable factors. This is a mindfulness meditation center and one’s practice should center around the practice of Mindfulness meditation. A prospective self-retreatants should describe their personal practice and what they expect from their retreat. A person should inform us of any medical conditions/medications that may affect their stay here.

A bed in a single room or a dorm room in our house or a single room in our separate retreat building could be available. Though a few of the retreat building rooms are still under construction until mid-late summer.

The resident monk/teacher, Bhante Rahula has an hour long group meditation in the meditation hall at 6 am and 7 pm each day that guests are expected to join. He would also be available for personal interview or guidance on their meditation practice. They can also participate in our other regular meditation/Dhamma teaching sessions in house or over Zoom.

Breakfast and lunch are provided; no meal is served in the evening. A person can bring some nutritional drink or the equivalent for the late afternoon evening if needed.

Self-retreatants would be expected to help for an hour or so with house cleaning chores or outdoor work.

The rest of one’s time should be spent in more individual practice.

To maintain a supportive and harmonious atmosphere here at the center the following guidelines should be followed while here on self- retreat.

Refrain from killing any living creature

Refrain from taking what is not given

Refrain from any sexual activity

Refrain from false speech or loud boisterous talking

Refrain from consuming any intoxicating drinks or drugs

Refrain from wearing skimpy revealing clothing or perfumed cosmetics

If you would like to come for a self-retreat of between 2-7 days (perhaps longer) send an e-mail request to Bhante Rahula at: [info@lionwisdom.org](mailto:info@lionwisdom.org)”

## Southern Dharma Retreat Center, NC

<https://www.southerndharma.org/about/>

## Midwest

## Mid-America Buddhist Association

(MABA)

Mid-America Buddhist Association

299 Heger Lane, Augusta, Missouri 63332, United States  
Phone: (636) 482-4037

<https://maba-usa.org/contact-us>

## Northwest

### Sravasti Abbey

[https://www.retreatfinder.com/Retreats/United\\_States/Washington/3900.aspx?d=377](https://www.retreatfinder.com/Retreats/United_States/Washington/3900.aspx?d=377)

Tibetan Buddhism

## Southwest

### Diamond Mountain

[https://www.retreatfinder.com/Retreats/United\\_States/Arizona/22232.aspx?d=377](https://www.retreatfinder.com/Retreats/United_States/Arizona/22232.aspx?d=377)

### Insight Meditation Center

Insight Meditation Center of the Mid-Peninsula (in California)

URL: <https://www.insightmeditationcenter.org/calendar/>

Retreat options:

Nightly cost:

Approach:

Resident monk:

Accommodations/prerequisites:

Offers Zoom live discussion forums listed at: <https://www.insightmeditationcenter.org/calendar/>

Location: 108 Birch Street

Redwood City, California 94062

(650) 599-3456

### Insight Meditation South Bay, CA

In-Person courses

Northern California, near Silicon Valley

Jhana retreat: Aug 31, 2020

<https://www.imsb.org/event/concentration-jhana-and-breath-10-night-retreat-in-georgia/>

Jhana retreat: June 27, 2021

<https://www.imsb.org/event/concentration-jhana-and-breath-10-night-retreat-in-georgia-2/>

-Prerequisite: two prior 1-week retreats

On-line courses

<https://bodhicourses.org/>

## Online

### Vipassana Fellowship

<https://vipassana.com/course/>

\$160 for access to a 10 week online course, held about 4 times a year

Consists of audio files and instructional material, as well as email access to a teacher

## Location Pending

### Samatha Trust

<https://samatha.org/>

Based in England

US affiliate:

# Meditation Teaching Certification

## Aura

<https://aurawellnesscenter.com/ppc/cmt/>

\$200

60 hour course

## Cross River Meditation Center

(see their entry above under Meditation centers in the Northeast)

## International Mindfulness Teachers Association

IMTA

Offers a 200-hour teacher certification in mindfulness (likely bare mindfulness)

\$2000 for members and about \$3500 for non-members

<https://www.imta.org/page/accreditation#fees>

# PrisonMindfulness

Offers training in prison mindfulness emotional awareness

\$7000 for a 300 hour program to become a certified Path of Freedom teacher

<https://www.prisonmindfulness.org/pof-certification>

Accepts other certifications, but all are about \$6000+

“Path of Freedom” program

In Pennsylvania, the only one is in Pittsburgh at Allegheny Jail

[https://www.google.com/maps/d/u/0/viewer?msa=0&ll=41.347654293936394%2C-77.52517643468181&spn=48.075618%2C91.494141&mid=1wjzbyUq\\_arnf1XeKsbf2HTp\\_Gzk&z=7](https://www.google.com/maps/d/u/0/viewer?msa=0&ll=41.347654293936394%2C-77.52517643468181&spn=48.075618%2C91.494141&mid=1wjzbyUq_arnf1XeKsbf2HTp_Gzk&z=7)

Part of the “Engaged Mindfulness Community”

<https://engagedmindfulness.mn.co/>