

## **Approved Retreat Centers 2023**

This list was created before the world health crisis. Since March 2020, many of these centers have begun to offer online retreats and some are currently offering in person retreats. We now authorize online retreats as a substitute prerequisite for the in-person retreat format. Although online retreats done from your home are different than traditional site-based retreats and may not be fully silent, they are excellent substitutes and we heartily endorse this accessible format.

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This list is not exhaustive and is meant to give you an idea of where to start looking for your retreats. Feel free to run additional centers by us. Look for a silent retreat where you will practice mindfulness meditation, likely in the form of vipassana or Zen, or Tibetan practices.

**Workshop/Retreat hybrids do not qualify.**

### **West Coast**

1. Spirit Rock in No. CA: [www.spiritrock.org](http://www.spiritrock.org)
2. Abhayagiri Monastery in No. CA: <https://www.abhayagiri.org/home/>
3. Big Bear Retreat Center in So. CA: <https://bigbearretreatcenter.org/>
4. Cloud Mountain in WA: [www.cloudmountain.org](http://www.cloudmountain.org)
5. Deer Park Monastery in So. CA: [www.deerparkmonastery.org](http://www.deerparkmonastery.org)
6. Forest Monastery in So. CA: [www.watmetta.org](http://www.watmetta.org)
7. Great Vow Monastery in OR <https://www.zendust.org/greatvow>
8. Green Gulch in No. CA: [www.sfzc.org/ggf/](http://www.sfzc.org/ggf/)
9. Insight LA in So CA: [www.insightla.org](http://www.insightla.org)
10. Insight Meditation Center affiliated retreats in No. CA: [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)
11. Pacific Zen Institute in No CA: [www.pacificzen.org](http://www.pacificzen.org)
12. Tassajara Zen Center in No CA: [www.sfzc.org/tassajara](http://www.sfzc.org/tassajara)
13. Yokoji Zen Center in So CA: [www.zmc.org](http://www.zmc.org)

### **New Mexico**

1. Vallecitos Mountain Refuge: [www.vallecitos.org](http://www.vallecitos.org)
2. Upaya Zen Center [www.upaya.org](http://www.upaya.org)

### **East Coast**

1. Insight Meditation Center in MA: [www.dharma.org](http://www.dharma.org)
2. Insight Meditation Community of Washington affiliated retreats in DC area: [www.imcw.org](http://www.imcw.org)
3. Southern Dharma Center in NC: [www.southerndharma.org](http://www.southerndharma.org)

### **General**

1. Buddhist Insight Network lists retreats throughout the world-- <http://www.buddhistinsightnetwork.org/retreats>
2. Goenka Retreats Worldwide— [www.dhamma.org](http://www.dhamma.org)
3. Mindful Living Revolution with Deborah Eden Tull: [www.deborahedentull.com](http://www.deborahedentull.com)
4. Shambhala International-- <http://shambhala.org/centres/find-shambhala-centre/>
5. Thich Nhat Hanh Retreats worldwide: <https://www.thichnhathanhfoundation.org/>

Please have us confirm that the retreat you have chosen fits our guide.