Retreat Resources:

Local:

**Waddle Hallow** (south of Fayetteville) - not specifically mindfulness focused but they do a variety of retreats with some being mindfulness based

**Katog Choling** (near Jasper) - Tibetan Buddhist

**Power Yoga Retreats** - Deepen your yoga practice and make new connections with a retreat! – Yoga on the Mountain, Yoga on the river and several international trips a year.

Center for Mindfuless at U. Mass medical school - formal training in MBSR

UCSD center for Mindfulness - formal training in MBSR

Oasis Center - Rheinbeck, NY MBSR training (along with other programs)

[Insight Meditation Society](http://www.dharma.org/), Barre, MA, USA

[Spirit Rock](http://www.spiritrock.org/), Woodacre, CA, USA

[Insight Meditation Community of Washington](http://imcw.org/), Cabin John, MD, USA

[Southern Dharma](http://www.southerndharma.org/), Hot Springs, NC, USA

[Vipassana Meditation Centers](http://www.dhamma.org/en/bycountry/na/) (U.S. and Canada)

[Boundless Way Zen](http://www.boundlesswayzen.org/), Worcester, MA, USA

[San Francisco Zen Center](http://www.sfzc.org/), San Francisco, CA, USA

[Zen Center of San Diego](http://www.zencentersandiego.org/), San Diego, CA, USA

[Zen Community of Oregon](https://www.zendust.org/), Clatskanie, OR, USA

[Karme Choling](http://www.karmecholing.org/index.php), Barnet, VT, USA

[Shambhala Mountain Center](http://www.shambhalamountain.org/), Red Feather Lakes, Colorado, USA

[Gaia House](http://gaiahouse.co.uk/), Devon, England

[Vipassana Meditation Centers](http://www.dhamma.org/en/alphalist.shtml) (worldwide)

Esalen institute - Big Sur, CA (not mindfulness specific, but some retreats are mindfulness based)

Upaya Zen Center - near Sante Fe (Roshi Joan Halifax)

Deer Park Monastery - near San Diego, CA (Tich Nhat Hanh lineage)