MARC Approved Retreat Centers 2016

This list by no means covers all possible retreat options. Please find a silent retreat where you will practice mindfulness meditation, likely in the form of vipassana or zen, although such retreats may be offered in other spiritual traditions, or secularly. Workshop/retreat hybrids do not qualify.

West Coast
2. Cloud Mountain in WA: www.cloudmountain.org
5. Mindful Living Revolution with Deborah Eden Tull in CA and OR: www.deborahedentull.com
6. Insight Meditation Center affiliated retreats in CA: www.insightmeditationcenter.org
7. Tassajara Zen Center in CA: www.sfzc.org/tassajara

South West
1. Vallecitos Mountain Refuge: www.vallecitos.org
2. Upaya Zen Center www.upaya.org

East Coast
1. Insight Meditation Center in MA: www.dharma.org
2. Insight Meditation Community of Washington affiliated retreats in DC area: www.imcw.org
3. Southern Dharma Center in NC: www.southerndharma.org

World Wide:
http://www.dhamma.org/en/locations/directory
www.shambhala.org

If you are uncertain whether retreats you have attended or plan to attend meet our criteria, please contact the MARC office.