

## Mindfulness, Meditation, and Contemplative Practice Offerings at Various Colleges

### **Amherst College**

- Mindfulness & Meditation student club -  
[https://www.amherst.edu/campuslife/studentgroups/mindfulness\\_meditation](https://www.amherst.edu/campuslife/studentgroups/mindfulness_meditation)
  - “Offers students a venue to meditate and explore the benefits of mindfulness in their daily lives through the development of awareness and compassion”
  - Weekly meditation sittings
  - Guest speakers
  - Retreats and day trips
- Chapin hall located in the chapel is used as most meditation venues

### **Bard College**

- Student Organizations
  - Sahaja Meditation -
    - <http://student.bard.edu/clubs/templates/template1.php?id=1503#about>
    - “In these weekly meetings there is a guided meditation session that allows one to become more grounded, emotionally balanced and mentally still”
  - Buddhist Meditation Group -
    - Has held meditation sessions in the past consisting of kinhin (walking meditation), seated meditation, and instruction periods
    - <http://www.bard.edu/news/events/event.php?eid=116777&year=2012&month=9&day=6>
- Meditation Garden - <http://inside.bard.edu/arboretum/gardens/>
  - Has an on campus meditation garden for interested students
- Mindful Eating Table
  - In the past has held regular mindful eating table meetings for students
    - <http://inside.bard.edu/www-dev2/calendar/?year=2013&month=3&type=385>

### **Bates College**

- Installed meditation labyrinth
  - Meditation Labyrinth - “A set of concentric circles painted on a large piece of canvas that is placed on a floor for walking meditation”
- Has a small buddhist shrine in the multicultural center for any interested
- Multifaith Chaplaincy offers some mindfulness oriented programs -  
<http://www.bates.edu/chaplaincy/about/religious-groups/>
  - {Pause} - “Take a break for stillness and reflection; a weekly service of music, dance, poetry, prose, and silence”
  - Yoga Kula - hosts free yoga classes for students, faculty, and staff. Also offers off-campus retreats
  - Dharma Society - buddhist meditation and reflection group

## Bowdoin College

- Wellness center - <http://www.bowdoin.edu/campus-life/wellness/index.shtml>
  - <http://www.bowdoin.edu/health/services/wellness-classes.shtml>
  - “The Wellness Center offers an array of yoga, Tai Chi/Qigong, and meditation classes throughout the week”
  - “Seminars, workshops, and retreats are offered in the evenings and weekdays to educate students about a range of mind/body/spirit-oriented practices that include information about acupuncture, massage, reflexology, Chinese Medicine, and integrative medicine approaches to health and well-being”
- Yoga club offers Vinyasa and Iyengar mix classes throughout the week

## Brown University

- Physical education - [http://brown.edu/Student\\_Services/Health\\_Services/Health\\_Education/common\\_college\\_health\\_issues/mindfulness.php](http://brown.edu/Student_Services/Health_Services/Health_Education/common_college_health_issues/mindfulness.php)
  - Offers yoga and meditation classes throughout the year
- Contemplative Studies Initiative - <http://www.brown.edu/academics/contemplative-studies/>
  - Group of faculty members devoted to studying meditation
    - “Working to establish a formal concentration with the hope this will be accomplished in the coming academic year”
  - Offers many different courses in the Humanities, Sciences, and Creative Arts
  - “In addition we have built a strong program within the Medical School Scholarly Concentration Program, one in which we train physicians in the various contemplative skills they will need to be better clinicians”
    - Britton Lab - <http://www.brittonlab.com/>
      - Conducts clinical trials of contemplative training in clinical populations
    - The Kerr Lab - <http://mindinbodylab.org/>
      - “Looks at the ways in which contemplative practices such as mindfulness and *taiji* change the brain and the nervous system”
  - Contains an extensive list of retreat locations for buddhism, vipassana, yoga/vedanta, and more
- Mindfulness Meditation Wellness Program - <http://brown.edu/academics/medical/student-affairs/wellness-program/mindfulness-meditation-wellness-program>
  - Brief mindfulness meditation sessions twice a week
  - Also a yoga wellness program though less geared towards meditation/mindfulness
  - Has publicly available audio files on meditation:
    - Six minute mindfulness meditation, breathing meditation, and an introduction to walking meditation
- Brown Meditation Community (BMC) - <http://www.brownmeditation.com/>

- Weekly Schedule Consists of:
  - Monday: Hour and a half meditation and tea
  - Tuesday - Saturday: 20 minutes sitting meditation followed by 10 minute walking meditation and then 20 minutes of sitting meditation (typically)
  - Friday: Fifty minute seated meditation
  - “Zafus, zabutons, benches, and pillows available” to all sessions
- Brings in recognized teachers from various traditions to give dharma talks
  - previous events included laughter yoga, vipassana meditation teacher Paul R. Fleischman
- BMC library contains books from many different traditions available for check out
- Various links to nearby retreats and zen centers
- Yoga and Mindfulness Club (YAM) - <http://www.namastebrown.com>
  - <https://mygroups.brown.edu/organization/yogaandmindfulnessclub/About>
  - Offers mostly yoga classes (dance, dynamic, jewish, lively, vinyasa) though some seem are more geared towards relaxation/meditation (soul flow, relaxation yoga)

### **Bryn Mawr College**

- Meditation Mornings at Bryn Mawr
  - Meets once a month to meditate together on campus and practice mindfulness in a calm environment
  - <http://www.meetup.com/Meditation-Mornings-at-Bryn-Mawr-College/>
- Serendip
  - Buddhist Meditation and Personal Construct Psychology - <http://serendip.brynmawr.edu/bb/Pilou.html#meditation>
    - Website with extensive information and research on buddhism, types of meditation, and more
    - All written by a former student at Bryn Mawr

### **Carleton College**

- Chaplain’s Office - <http://apps.carleton.edu/campus/chaplain/>
  - Sponsors various events of spiritual organizations
    - Buddhist Meditation, Teaching and Discussion
      - Weekly hour meditation sessions on Thursdays at 8pm
      - Sessions switch between a meditation and teaching oriented experience (led by Bhante Sathi) and a discussion group (led by Tenzin Lendey)
      - Held in chapel sanctuary or lounge
      - [http://apps.carleton.edu/campus/chaplain/schedule/?event\\_id=1037007&date=2013-09-26](http://apps.carleton.edu/campus/chaplain/schedule/?event_id=1037007&date=2013-09-26)
    - Zen Buddhist Meditation Service
      - Meets at 5pm for an hour meditation followed by a soup dinner on a Sunday in October
      - Appears to be a one time event for the semester

- Located in chapel sanctuary
- [http://apps.carleton.edu/campus/chaplain/schedule/?event\\_id=1036908&date=2013-10-13](http://apps.carleton.edu/campus/chaplain/schedule/?event_id=1036908&date=2013-10-13)

### **Claremont McKenna College**

- Rancho Santa Ana Botanic Garden - <http://www.rsabg.org/>
  - Located within walking distance of the Claremont Colleges
  - Holds various events for the public and students at a discounted rate
    - Some of the events scheduled this year include:
      - Walking Meditation: Qigong Energy
        - Meets every week on Monday at 9am
        - Four sessions (1 month): members \$60, public \$75
      - Yoga for Beginners
        - Meets every week on Wednesday at 9am
        - One session: members \$10, public \$12
      - Tai Chi
        - Meets weekly on Thursday at 9am
        - Four sessions (1 month): members \$45, public \$60

### **Colgate University**

- Chapel House
  - Meditation Sessions - <http://www.colgate.edu/about/facilities-at-colgate/chapel-house>
    - Weekly hour long zen meditation sessions in the chapel at noon
    - Available to all students, of all experience levels, free of charge
- CORE Curriculum Course Offerings - <http://www.colgate.edu/academics/course-catalogue/liberal-arts-core-curriculum>
  - Mind and Brain in Meditation (145S)
    - Aims to examine benefits and the science behind meditation and mindfulness
    - “Students sit regularly in meditation and use themselves as subjects of their own research on the effects of meditation”
- Shaw Wellness Institute
  - Events - <http://webedit.colgate.edu/centers-and-institutes/shaw-wellness-institute/about-the-center/calendar>
    - Stress Reduction with Colleen McSweeney - [https://www.google.com/calendar/render?eid=cDNpaHJwOThlcjlpNG5ndjM5YjhmZGlmc2cgY29sZ2F0ZS5lZHVfajBjbHY3dTU1bHA3OTE3Z2E4dXV2aTI3azRAZw&ctz=America/New\\_York&pli=1&sf=true&output=xml](https://www.google.com/calendar/render?eid=cDNpaHJwOThlcjlpNG5ndjM5YjhmZGlmc2cgY29sZ2F0ZS5lZHVfajBjbHY3dTU1bHA3OTE3Z2E4dXV2aTI3azRAZw&ctz=America/New_York&pli=1&sf=true&output=xml)
      - Session for students on how to use guided imagery and relaxation techniques to relieve stress
      - Taking place this October

### **Columbia University**

- Columbia Buddhist Meditation Group - <http://www.columbia.edu/cu/cbmg/>
  - Meets twice a week to explore the benefits of meditative practices
- Mindfulness and Education Working Group (MEWG) - <http://www.tc.columbia.edu/centers/mindfulness/>
  - Offers two classes for teachers:
    - Mindful Monday, Mindful Everyday
      - Meditates for an hour, then discusses over tea
      - Meet once a week
    - Inhaling Your Lunch, Midday Meditation
      - Hour long meditation sessions twice a week
- Offers summer course: Mindfulness and Contemplation to Action - <http://www.tc.columbia.edu/centers/mindfulness/index.asp?Id=Resources&Info=Columbia+Courses>
  - “For aspiring leaders, therapists, and educators”
  - “Develops skills for facilitating self-awareness practices”
  - Meditation retreat for course participants

### **Connecticut College**

- Health & Wellness - <http://www.conncoll.edu/parents-families/parent-student-resources/health-and-wellness/>
  - Mediation by on campus religious services
  - Weekly services in the past of buddhist meditation, or group meditation

### **Cornell University**

- Meditation and Relaxation - [http://wellness.cornell.edu/meditation\\_and\\_relaxation.php](http://wellness.cornell.edu/meditation_and_relaxation.php)
  - The Miracle of Living Stress Free
    - 6 week program meeting weekly for two hour sessions
      - \$30 registration fee
  - Stress Reduction Workshop - Focus on Meditation 4 week Series
    - Open to cornell community
  - Stress Reduction Workshop - Focus on Guided Relaxation 4 week Series
    - Open to cornell community
- Midweek Meditation Hour - [http://events.cornell.edu/event/mid-week\\_meditation\\_hour](http://events.cornell.edu/event/mid-week_meditation_hour)
  - Free weekly sessions for all
- Occasional Meditation Hours hosted by the Consciousness Club - [http://events.cornell.edu/event/meditation\\_workshop\\_by\\_the\\_consciousness\\_club\\_previously\\_known\\_as\\_art\\_of\\_living\\_cornell\\_university](http://events.cornell.edu/event/meditation_workshop_by_the_consciousness_club_previously_known_as_art_of_living_cornell_university)
- Zen Meditation Practice - [http://events.cornell.edu/event/zen\\_meditation\\_practice](http://events.cornell.edu/event/zen_meditation_practice)
  - Prior sitting experience or attendance of an orientation session required to participate
  - Twice a week hour sessions
- Cornell University Physical Education - <http://www.pe.cornell.edu/physed/personal-s11.html>

- Offers many different classes related to mindfulness meditation and stress reduction (some with fees, some without), including:
  - Meditation and Relaxation
    - “Learning to relax deeply, sleep better, detach from the mind's chatter, focus with renewed concentration and become aware of the joy and energy that is deep within us”
    - Fee: \$55
    - Weekly hour and half sessions
  - Walking Meditation
    - “Walking is the optimum exercise for optimum health and meditation one the chance to calm an active and busy mind. Drawing on the teachings from the Vietnamese Zen Buddhist monk, Thich Nhat Hanh, we will learn how to meditate in motion”
    - 50 minute, bi-weekly sessions
  - Mindfulness Based Stress Reduction Program
    - Offered by Weill Cornell Medical College for \$600 fee (seems to not be intended for students)
  - Body-Mind
    - “Learn how deep breathing, meditation, creative visualization and awareness of your self-talk can enhance the quality of your life”
    - Fee: \$55
    - Bi-weekly two and a half hour sessions

### **Dartmouth College**

- Yoga Club - [http://www.dartmouthsports.com/ViewArticle.dbml?DB\\_OEM\\_ID=11600&ATCLID=835190](http://www.dartmouthsports.com/ViewArticle.dbml?DB_OEM_ID=11600&ATCLID=835190)
  - Offers “Journey \* Discover \* Breathe \* Move \* Transform” workshop and other Yoga Classes
- Pan Asian Community - <http://sites.dartmouth.edu/pac/2012/01/04/new-mindfulness-program-at-dartmouth/>
  - Six week mindfulness program offered last year, none scheduled for this year yet
  - Composed of weekly, hour-long sessions
  - Was open to any dartmouth student, free of charge
- Offers several “Relaxation Downloads” on the dartmouth websites for students to use (free audio files)
  - <http://www.dartmouth.edu/~healthd/relax/downloads.html>
- Had Jon Kabat-Zinn speak on the “Healing Power of Mindfulness” in 2011
  - <http://www.mindfulnessmeditation.org/2012/02/27/the-healing-power-of-mindfulness-meditation-at-dartmouth-college-jon-kabat-zinn/>

### **Davidson College**

- Religious and Spiritual Life -

- Meditation Group - <http://www.davidson.edu/student-life/religious-and-spiritual-life/student-groups>
  - Student-led, meets weekly to explore various forms of meditation
    - Open to all students faculty and staff
  - Does not appear to have any events posted online for the year yet
- The Davidson Labyrinth - <http://www.davidson.edu/student-life/religious-and-spiritual-life/worship-and-meditation>
  - “An outdoor labyrinth located in Hobart Park,” right on campus
  - Ideal for walking meditation or quiet reflection
- Physical Education Department
  - Mindfulness and Yoga / Healthy Living Program - <http://aceware.davidson.edu/CourseStatus.awp?&course=1301SPED284>
    - “This 10-Week program is for students who want to learn better stress management skills and develop healthy living habits through mindful yoga and meditation”
      - Focuses on both yoga and meditation
      - Classes consist of, “didactic presentation, open discussion, mindful movement and meditation”
      - 2 credit course
      - Meets once a week
      - Course offered for Fall 2013 semester is listed as full
- LeapYEAR Program with Antioch University Seattle
  - Contemplative Practice
    - Study program available to students of Davidson (with possible abroad component as well)
    - Each program has about 4 retreats built in to them held at rural campus in Calistoga, California
    - Appears to focus on contemplation and mindfulness
    - <http://leapnow.org/faq.php>
    - [http://sites.davidson.edu/jabarry/?page\\_id=11](http://sites.davidson.edu/jabarry/?page_id=11)

## **Duke University**

- Counseling and Psychological Services - <http://studentaffairs.duke.edu/caps>
  - Offers various workshops for students, including:
    - KORU: Mindfulness and Meditation Class - <http://studentaffairs.duke.edu/caps/workshops-and-discussions/koru-mindfulness-and-meditation-class>
      - An Introductory workshop teaching the skills of mindfulness and meditation through the practice of exercises to calm and focus the mind and meditation
      - Two series of four, weekly, hour and fifteen minute sessions offered each semester
      - Both series full this semester

- Participants assigned readings and are asked to practice independently throughout the series
- Workshop is free of charge and open to both undergraduate and graduate students (not faculty or staff)
- KORU 2.0: Advancing Mindfully - <http://studentaffairs.duke.edu/caps/self-help/mindfulness-meditation/koru-20-advancing-mindfully>
  - Offered to students who have completed the KORU introductory course
  - Workshop to further advance skills in mindfulness and meditation
  - Participants assigned readings and are asked to practice independently throughout the series
  - One series of four, weekly, hour and fifteen minute sessions offered each semester
  - Not yet full this semester
  - Workshop is free of charge and open to both undergraduate and graduate students (not faculty or staff)
- Mindfulness Yoga - <http://studentaffairs.duke.edu/caps/workshops-and-discussions/mindfulness-yoga>
  - “Learn skills for managing your mood through balancing your body”
  - Learns skills to energize and elevate mood, breathing techniques to calm the anxious mind, yoga poses to dissolve tension and improve sleep, meditative practices to increase self awareness and compassion, and tools to increase connection to the mind mood and body
  - One series of four, weekly, hour fifteen minute sessions offered each semester
  - Series full this semester
  - Workshop is free of charge and open to both undergraduate and graduate students (not faculty or staff)
- Accessing Your Inner Resources - <https://studentaffairs.duke.edu/caps/workshops-and-discussions/accessing-your-inner-resources>
  - “Using Guided imagery and visualization methods designed to enhance performance, Dr. Joe Talley will provide you with training in exercises to access your inner resources, to identify your unique ways to move through your obstacles”
  - Series for the Fall semester has concluded already, though it appears there will be another offered in the Spring
- Online Resources - <https://itunes.apple.com/us/itunes-u/caps-self-help-materials/id482648690>
  - Free, downloadable, iTunes files
    - Consists of a 20 minute and a 10 minute meditation, and a track on mindful eating
- Duke Integrative Medicine - <http://www.dukeintegrativemedicine.org/>



- Classes, workshops, and education:
  - Mindfulness Based Stress Reduction -
    - <http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mindfulness-based-stress-reduction>
    - “Mindfulness Based Stress Reduction (MBSR) is a method of using meditation and yoga to cultivate awareness and reduce stress”
    - Offers several different programs in a progressive series:
      - Foundations Program -
        - <http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mbsr-foundations-on-site-classes>
      - Distance Learning -
        - <http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mbsr-foundations-distance-learning>
      - Graduate Programs -
        - <http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mbsr-graduate-programs>
      - Continuation Classes -
        - <http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mbsr-continuation-classes>
          - All classes oriented towards increasing skills in meditation, mindfulness, loving kindness, mindfulness based stress reduction
          - Consist of weekly sessions typically around an hour and a half to two hours
          - Registration fees vary but typically around \$400
- Buddhist Meditation Community - <https://web.duke.edu/meditation/>
  - “The Buddhist Community at Duke provides the opportunity to learn about Buddhist teachings and practice meditation”
  - <https://web.duke.edu/meditation/activities.html>
  - All events take place in the Buddhist and Hindu room
    - Regular Morning Meditation
      - Holds 25 minute morning meditations from Monday through Thursday each week
    - Weekly Evening Meditation and Buddhist Thought
      - Hour sessions held each Monday
        - Consists of, “20 minutes of meditation, followed by discussion of how Buddhism is practiced in different aspects of daily life”
    - Other events held periodically as well:
      - Series of meditation sessions

- Each meditation session builds on the previous one, progressing from basics of posture and breathing in the first on to self knowledge, positive emotions, and enlightenment
  - “Regularly hosts local Buddhist teachers from across traditions to share their teachings with the group”
- Mindfulness, Stress and Health Lab - <http://sites.duke.edu/greensonlab/>
  - “Our lab aims to better understand the health benefits of mindfulness, including the psychological, biological, behavioral, and spiritual avenues by which mindfulness practice is related to better health”

## **Emory University**

- Emory Collaborative for Contemplative Studies - <http://www.emory.edu/home/index.html>
  - “Our mission is to explore contemplative practices and traditions through interdisciplinary dialogue across the sciences and humanities for the advancement of research, clinical practice and education”
  - Events:
    - Mindfulness Meditation - [http://www.emory.edu/ECCS/events/meditation\\_groups.html](http://www.emory.edu/ECCS/events/meditation_groups.html)
      - Basic nonsectarian mindful meditation
      - Weekly half hour session
      - All students, faculty, and staff welcome
    - Basic Guided Meditation - [http://www.emory.edu/ECCS/events/meditation\\_groups.html](http://www.emory.edu/ECCS/events/meditation_groups.html)
      - Seated, guided meditation focusing on moment-to-moment attention, breath awareness, and compassion
      - Weekly hour session, consisting of 30-45 minutes of meditation followed by a discussion period
      - All students, faculty, and staff welcome
    - Mindfulness Based Stress Reduction Course - <http://www.emory.edu/ECCS/events/index.html>
      - Course on incorporating mindfulness into everyday life
      - 8 week course
      - Available to the Emory community free of charge
    - Meditation Research Seminars
      - Offers various research seminars each year, though not yet updated for this year
      - Topics included: “Brain Mechanisms Supporting the modulation of Pain by Mindfulness Meditation” and “ A Longitudinal Investigation of Empathic Behavior and Neural Activity and Their Modulation by Compassion Meditation”
      - Open to all Emory students, faculty, and staff
    - Many other past events listed here: [http://www.emory.edu/ECCS/events/past\\_events.html](http://www.emory.edu/ECCS/events/past_events.html)

- Classes & Seminars -
  - [http://www.emory.edu/ECCS/education/classes\\_seminars.html](http://www.emory.edu/ECCS/education/classes_seminars.html)
    - Many classes available to Emory students, some include:
      - Mind and Brain from the Perspectives of Buddhism and Western Science
      - Buddhist Philosophy: Mind and Mental Transformation
      - Mystical Thought and Practice: Non-Duality and Altered Consciousness
      - Buddhist Philosophy: Wisdom, Meditation, and Ethical Engagement
      - Religion and Healing: Tibetan Buddhist & Western Perspectives on the Mind-Body Connection
- Student Health & Counseling Services
  - Compassion Meditation Group -
    - <http://studenthealth.emory.edu/calendar/index.html#/?i=1>
      - Group meets weekly for an hour to meditate together
      - Open to all students, faculty and staff
      - Free of charge
- Emory Tibet Partnership - <http://www.tibet.emory.edu/index.html>
  - The Visit 2013 - <http://www.tibet.emory.edu/news/index.html>
    -

## Georgetown University

- Student Organizations
  - Georgetown Buddhist Meditation Sangha -
    - <https://hoyalink.georgetown.edu/organization/BuMS/About>
      - “Offers students a space for meditation practice in any of the many Buddhist traditions”
      - Meets biweekly for seated meditation in the on campus meditation center
      - Also hosts speakers, off campus trips, and more
- The John Main Center - <http://www.johnmaincenter.com/>
  - For meditation and inter-religious dialogue
  - Open all day for private meditation and at various times during the week for group meditation
- Courses
  - Yoga and Meditation - <http://courses.georgetown.edu/?CourseID=CATH-144>
    - Class on the origins of Yoga and other traditions and their relation to meditation
    - 3 course credits, no prerequisites, open to all students
- Campus Ministry
  - Calcagnini Contemplative Center -
    - <http://campusministry.georgetown.edu/about/calcagnini/>
      - Off campus retreat center for organizations to use
      - Can accommodate up to 78 students and leaders

- Many retreats offered:
  - <http://campusministry.georgetown.edu/retreats/>
  - One of which is the Buddhist Meditation Sangha Retreat
    - “typically include spending time connecting with nature during multiple outdoor meditation sessions, connecting with our bodies during walking meditation and mindful meals” and other reflective practices
    - Open to all students, \$25 cost

### **Grinnell College**

- Grinnell Meditation - <http://www.grinnell.edu/offices/studentaffairs/chaplain/mtg/meditation>
  - Mindfulness practice group
  - Meet weekly
  - Sessions consist of instructional period, seated meditation, and discussion afterwards
  - Also offers: walking meditation, guided meditation, visualization meditation, outside sitting meditation, dharma talks, metta meditation, and walking meditation labyrinth
- Has prayer and meditation room open daily from 8am to midnight
- Inactive buddhist discussion group (currently)
- Yin Yoga - <http://grinnellyoga.blogspot.com/>
  - has meditation component to classes

### **Hamilton College**

- Meditation Club - <http://www.hamilton.edu/chaplain/spiritual-life-program-at-hamilton-college> (scroll down)
  - Offers a place of silence for observance of sitting meditation, invites speakers and meditation workshop leaders to campus, and sponsors meditation retreats
    - Meditation room within chapel available 24/7 for silent meditation
    - Meets bi-weekly with leaders from Syracuse Zen center

### **Haverford College**

- Haverford Buddhist Sangha - <http://www.haverford.edu/organizations/buddhist>
  - “Compassionate and relaxing environment to discuss and practice the Dharma”
  - Little more information
- Previously organized a series of lectures and workshops, called Manage Your Mind: An Introduction to the Practice and Science of Mindfulness - <http://www.haverford.edu/calendar/details/199681>
  - Included both Yoga and Meditation sessions

### **Harvard University**

- Center for Wellness - <http://cw.uhs.harvard.edu/programs/special.html>
  - Morning Group Meditation

- Free weekly 25 minute sessions of breath meditation post Wake-Up Yoga class
  - Lunchtime Group Meditation
    - Free weekly half hour sessions of loving kindness meditation, breath meditation and body scans
  - Mindfulness Based Stress Reduction
    - Charged, weekly, hour long classes of yoga, meditation and learning exercises
  - Meditation Calming the Mind Opening Your Heart
    - Free weekly hour sessions of concentration, relaxation, deep breathing, and guided meditation
- Harvard Divinity School - <http://www.hds.harvard.edu/life-at-hds/religious-and-spiritual-life/prayer-meditation-and-worship>
  - Sitting Meditation
    - Free, bi-weekly, half hour sessions
  - Retreats and Quiet Places available:
    - Andover & Divinity Chapels: prayer rugs and meditation cushions
    - Meditation room in the Center for the Study of World Religions
    - Harvard Divinity School labyrinth and contemplative garden
    - Various retreats organized throughout year
- Other Mindfulness Programs - <http://evp.harvard.edu/news/new-mindfulness-programs>
  - Guided Meditation Line, 4-CALM
    - Call in for free guided 3 and 4 minute guided meditation over the phone
  - Mindfulness at Work
    - 6 week course offered in four different sessions in the fall
- 

### **Kenyon College**

- Buddhist Society
  - Holds weekly meditation sessions
  - <http://www.kenyon.edu/student-life/studentactivities/clubs-organizations/letter/b/>  
(scroll down to find)
- Gund Gallery
  - Has a “collection of 21st century re-imaginings of medieval Buddhist poems in images and words called Oxherding”
  - <http://www.thegundgallery.org/>

### **Massachusetts Institute of Technology**

- Student Organizations
  - Art of Living at MIT - <http://web.mit.edu/artofliving/www/Home.html>
    - “The Art of Living club at MIT aims to make MIT a stress-free place through the medium of yoga and meditation”
      - Holds various yoga and meditation sessions, stress management workshops, mind & body dance concerts and more

- Weekly yoga and meditation sessions for all students interested
    - <http://web.mit.edu/artofliving/www/SaturdayMorningYoga&Meditation.html>
- Prajnopaya: The Buddhist Community at MIT - <http://web.mit.edu/metta/www/people.shtml>
  - “Organizes regular meditation retreats and study programs for the community at large”
    - Biweekly meditations in campus chapel
    - Occasional retreats and guest speakers
    - <http://buddhiststudents.blogspot.com/>
  - Regularly held seated meditations and discussions, though no events scheduled for this year
- Qigong, MIT - <http://web.mit.edu/qigong/Home.html>
  - “The dynamic Practice cultivates wholesome power and physical equilibrium. The Mind and Breath methods cultivate Zheng Qi (true chi)”
  - Hosts weekly sessions
- Yoga 24x7 - <http://www.yoga24x7.org/>
  - Holds various yoga & meditation related events
    - Mantra meditation - <http://www.yoga24x7.org/weekly-program/>
      - Introduction mantra meditation its benefits and methodology
      - “Mantra-meditation is a technique of repeating transcendental sound vibration for mental peace and spiritual upliftment”

## Macalester College

- Center for Religious and Spiritual Life
  - Ongoing Events - <http://www.macalester.edu/religiouslife/programs/>
    - Daily Meditation
      - “Monday through Friday, 9:30 a.m.-11:30 a.m. in the chapel”
    - Sitting@Mac
      - Meditations hosted by the student organization Sitting@Mac
      - “Weekly Meditation and Dharma Practice, Thursdays 4:45-6:15 p.m. and Mondays 4:45-6:30 p.m.”
  - Student Organizations - <http://www.macalester.edu/religiouslife/studentreligiousgroups/studentorganizations/>
    - “Weekly practice of Zazen Meditation”
    - “This group is open to anyone interested, no experience is necessary, and instructions will be provided”
- Health and Wellness
  - Health Promotion

- Manage Stress Mindfully - <http://www.macalester.edu/healthandwellness/healthpromotion/managstress/>
  - Previously offered course on mindfulness and stress management. though none scheduled yet
  - <http://events.macalester.edu/event.cfm?id=13993>
    - “Mind and body strategies include progressive relaxation, breathing, present moment awareness, and understanding your innate health”
    - 4 week series of weekly, hour and a half sessions
    - For students, registration required
- De-Stress Yoga
  - Previously held an hour and fifteen minute session of vinyasa yoga and restorative postures with “with an emphasis on relaxation and mindfulness”

### **Middlebury College**

- Contemplative Practice - <http://sites.middlebury.edu/contemplativepractice/>
  - Offers various classes in multiple mindfulness practices ranging in price, some include:
    - Tai Chi
    - Capoeira
    - Aikido
  - For faculty and staff:
    - Free guided meditation classes
    - Charged yoga classes, several different instructors and different class options
  - Booked multiple speakers on meditation, lecture titles include:
    - Contemplative Pedagogy Seminar
    - Meditation for Academic Excellence
    - The Promise and Practice of Mindfulness
  - Parts of the website hasn't been updated regularly, though some sections (including the guided meditations for faculty and staff, are current)
- Various student organizations including:
  - Buddhist Society - <https://middlebury.collegiatelink.net/organization/buddhistsociety/About>
  - Hindu Student Association - <https://middlebury.collegiatelink.net/organization/hindustudentassociation/About>
  - Pranja Meditation Club - <https://middlebury.collegiatelink.net/organization/prajnameditationclub/about>

### **Mount Holyoke**

- Wa-shin-An, Japanese Tea House & Meditation Garden - [https://www.mtholyoke.edu/religiouslife/wa\\_shin\\_an](https://www.mtholyoke.edu/religiouslife/wa_shin_an)

- Open regular hours, “for contemplative practices, such as meditation, prayer, sketching, reading poetry, or quiet sitting”
- Weekly Japanese tea ceremony and Zazen meditation
- Office of religious and Spiritual life - <https://www.mtholyoke.edu/religiouslife/buddhist>
  - Two local dharma teachers come in every other week to lead hour long sessions of Mindfulness Meditation in the Abbey Interfaith Sanctuary
    - Both dharma teachers are also available for dorm events or other organizations if desired

### **Oberlin College**

- Office of Religious & Spiritual Life - <http://new.oberlin.edu/office/religious-and-spiritual-life/index.dot>
  - Sacred Spaces - <http://new.oberlin.edu/office/religious-and-spiritual-life/resources/>
    - Fairchild Chapel
      - All welcome, multi-faith worship place, “open weekdays from 8 a.m. to 4:30 p.m. for prayer and meditation”
    - Muslim Prayer Room
      - Used primarily for muslim communal prayer, but open to all in other hours for study or meditation
    - Meditation Room
      - “Can be reserved at Wilder Desk by groups who wish to practice meditation”
      - Oberlin Meditators host meditations almost every day
        - Second room open and no need for reservations
- Student Organizations
  - Chabad Jewish Community
    - Has previously held meditation sessions for various jewish holidays:
      - [https://calendar.oberlin.edu/event/yom\\_kippur\\_meditations#.UkGzqZzf98E](https://calendar.oberlin.edu/event/yom_kippur_meditations#.UkGzqZzf98E)
      - [https://calendar.oberlin.edu/event/rosh\\_on\\_the\\_roof\\_guided\\_meditation\\_for\\_rosh\\_hashana#.UkGz\\_Zzf98E](https://calendar.oberlin.edu/event/rosh_on_the_roof_guided_meditation_for_rosh_hashana#.UkGz_Zzf98E)
  - Meditation Club
    - Listed as an active organization at Oberlin (<http://new.oberlin.edu/student-life/student-organizations/clubs.dot>) though no events or more information can be found
- Office of Wellness
  - Personal Health Toolkit - <http://new.oberlin.edu/office/wellness/personal-health-toolkit/>
    - Lists various links to other websites:
      - Yoga/Stretching - free informative websites and relief exercises
      - Meditation/Relaxation - free mp3 downloads on mindfulness and being present
      - Affirmations - link to Zen Habits website



- Health and Wellness Symposium
  - Oberlin Meditators
    - Secular Meditation (on going event)
      - Two sessions at 5:30 and 8:30 Sunday through Thursday
    - Introduction to Secular Meditation -
      - <http://ocsites.oberlin.edu/studentsenate/2012-health-and-wellness-symposium>
        - Past two day event held to introduce anyone who is interested to the techniques of Mindfulness Based Stress Reduction researched by Jon Kabat-Zinn
  - Introduction to Buddhist Meditation
    - Past two day event of two hour long sessions to introduce those introduces to the practices and philosophies behind Buddhism

### **Pomona College**

- Life Bliss Meditation
  - Class offered by the physical education department
  - Participants must also pay a fee of \$35
  - <http://aspc.pomona.edu/courses/browse/PE/PE-073-JP-01/>
- Has meditation chapel on campus - <http://www.pomona.edu/life-on-campus/resources/religious-activities.aspx>
- Kundalini Yoga Sessions weekly - <http://aspc.pomona.edu/courses/browse/PE/PE-023-PO-01/>
  - Includes meditation, deep relaxation, mental focus, and mantras

### **Princeton University**

- University Health Services - Mind Body Programs - <https://www.princeton.edu/uhs/student-services/counseling-psychological/mind-body-programs/>
  - Mindfulness for Health and Healing
    - For all graduate and undergraduate students to learn mindfulness based stress reduction
      - Stress reduction audio and video downloads available as well
  - Mindfulness and Meditation Lunch Series
    - Mindful meditation and discussion on interpersonal skills, compassion, family and gratitude
    - Hour long sessions offered in the Spring
- Princeton Buddhist Students Group - [http://www.princeton.edu/~buddhism/PBSG\\_Website/PBSG\\_Home.html](http://www.princeton.edu/~buddhism/PBSG_Website/PBSG_Home.html)
  - Group meditations held daily, other programs include dinner discussions, special talks, and meditation instructions
- Princeton Buddhist Meditation Group - <http://www.princetonbuddhist.org/schedule.html>
  - May be the updated/active version of the above club

- Bi-weekly meditation sessions, along with all day session the first saturday of each month
  - Some meditation sessions feature class component as well
  - Schedule link - <http://www.princetonbuddhist.org/images/PBMGcalendar.pdf>
- Healthier Princeton
  - Mind/Body Options
    - <http://www.princeton.edu/healthier/healthy-mind/mindbody-options/> (scroll to bottom)
    - Meditation Group
      - “Open to all students. Free. Monday – Friday 4:30pm, Saturday 7:00pm, Sundays 5:15pm”
    - Yoga, Tai-Chi, Meditation
    - Meditation for Undergraduate Students
      - Free, weekly hour and fifteen minute sessions in four week periods

## Reed College

- Sports Center
  - Classes - [http://www.reed.edu/sports\\_center/classes\\_index.html](http://www.reed.edu/sports_center/classes_index.html)
  - Available to all students
    - Contemplation Meditation - [http://www.reed.edu/sports\\_center/classes/Contemplation\\_Meditation.html](http://www.reed.edu/sports_center/classes/Contemplation_Meditation.html)
      - “This class covers the basics of mindfulness meditation including sitting, walking, and supine postures”
    - Hatha and Yoga for Relaxation - [http://www.reed.edu/sports\\_center/classes/Hatha\\_and\\_Relaxation\\_Yoga.html](http://www.reed.edu/sports_center/classes/Hatha_and_Relaxation_Yoga.html)
      - Class uses yoga and other techniques to help students reach the “realization of continuity with consciousness through attention to breath and movement”
      - “Yoga philosophy, basic pranayama and ujjayi breathing will be introduced”
    - Zen Mind - [http://www.reed.edu/sports\\_center/classes/Zen%20Mind.html](http://www.reed.edu/sports_center/classes/Zen%20Mind.html)
      - “We will explore various approaches to meditation including breath mindfulness, deep listening with sounds and music and inquiry into the essential nature of the self”
    - Other classes include:
      - Yoga for Life - [http://www.reed.edu/sports\\_center/classes/tai\\_chi.html](http://www.reed.edu/sports_center/classes/tai_chi.html)
      - Traditional Yang Family Style Tai Chi - [http://www.reed.edu/sports\\_center/classes/tai\\_chi.html](http://www.reed.edu/sports_center/classes/tai_chi.html)
- Student Organizations

- Contemplative Hiking Society - <http://www.meetup.com/Contemplative-Hiking-Society/>
  - Group of students who, “don't hike in 'mission mode', we don't drive through to the finish line, we stop and smell the roses”
  - Created in 2011, though does not appear to be currently updated

### Smith College

- Religious and Spiritual Life Programs
  - Buddhist Meditation - <http://www.smith.edu/buddhism/resources.php>
    - Zen group sessions weekly in chapel
  - Community Worship - [http://www.smith.edu/religiouslife/places\\_journeys.php](http://www.smith.edu/religiouslife/places_journeys.php)
    - Yoga
    - Nature Walks
    - Spiritual Dance
    - Retreat Centers
- Smith College School for Social Work - [http://www.smith.edu/ssw/summer\\_info\\_stress\\_reduction.php](http://www.smith.edu/ssw/summer_info_stress_reduction.php)
  - Offered mindfulness based stress reduction program for students this summer
- Offers a contemplative clinical practice certificate - [http://www.smith.edu/ssw/acad\\_cont\\_graduate\\_contemplative.php](http://www.smith.edu/ssw/acad_cont_graduate_contemplative.php)

### Stanford University

- Well MD Stanford Medicine - Mindfulness - <http://wellmd.stanford.edu/healthy/mindfulness/>
  - Resources:
    - Classes:
      - Psych 233 Mindfulness: An Awareness-Based Stress Reduction Program in Medicine
      - Athletic 18 Strengthening the Heart through Compassion
      - Campus Mindfulness -
        - HIP Mindfulness Class
        - Mindfulness at Work Class
      - Community Mindfulness-Based Stress Reduction Classes at various Locations:
        - Stanford Center for Integrative Medicine
        - Palo Alto Medical Foundation
        - El Camino Hospital
        - O'Connor Hospital
          - In addition, there are periodic classes in Mindful Yoga, Mindful Qi Gong, and Mindful Parenting - contact mindfulness instructor Bob Stahl
    - Groups:
      - Weekly mindful practice group
        - weekly 45 minute sittings

- Information:
  - Mindfulness online self assessment quiz
  - Several videos on mindfulness, self-compassion, and other introductory topics
  - Tips on mindful eating, mindfulness everyday, and the benefits of compassion
- Tools:
  - Computerized bell to be used to signal when to take a break when meditating
- Research:
  - Extensive list of numerous studies done on meditation and mindfulness regarding:
    - Medical trainees, faculty, mood, trauma, substance use disorders, brain effects, quality of life, and other psychological effects
- Psychology Department Mindfulness Page - <http://www-psych.stanford.edu/~pgoldin/Mindfulness.html>
  - Description of mindfulness, its benefits, and why we should practice mindfulness
    - Several links to articles and papers on mindfulness and meditation
- Stanford Hospital & Clinics:
  - Mindfulness Meditation Course - <http://stanfordhospital.org/clinicsmedServices/clinics/complementaryMedicine/sciMMindfulMeditation.html>
    - “Designed to teach mind and body awareness techniques for coping with physical or psychological symptoms from stress and stress-related illnesses”
      - Lists many benefits reported from participants (increased self esteem, lower stress) and potential reasons to take the program (anxiety or insomnia)
    - Details of the course:
      - Consists of eight weekly sessions and one all day saturday class
      - Participants receive a book, audiotape, syllabus and one all-day retreat
      - Fee of \$320 for both summer and fall sessions
      - Instructed by Mark Abramson DDS - “ trained with John Kabat-Zinn and has conducted these classes several times a year for twelve years”
  - Love Yourself: For Everyone Else's Sake - <http://stanfordhospital.org/clinicsmedServices/clinics/complementaryMedicine/sciMLOVEyourself.html>
    - “Class members will participate in guided exercises once a week, orchestrating your body, mind and soul into a self-nourishing whole person, strengthening your ability to give love to others by loving yourself”
    - Details:

- Weekly hour and a half sessions
  - Six week program
  - \$240 fee
  - Also taught by Mark Abramson
- The Buddhist Community at Stanford (BCS) - <http://www.stanford.edu/group/bcas/>
  - “An ecumenical group dedicated to creating a supportive community for Buddhist study and practice“
    - Welcomes both the experienced and inexperienced to participate in:
      - “Daily sitting periods, meditation classes, study groups, visits to local monasteries, Dharma talks, social gatherings, community service and more!”
      - The activities schedule has yet to be updated for this year, but last year some events scheduled were:
        - An hour and fifteen minute Dharma circles on Mondays
        - Half hour morning meditations on Fridays
        - Half hour afternoon meditations on Thursdays
        - Hour long Zen meditations (both sitting and walking) on Tuesdays
          - All located in the CIRCLE Sanctuary
        - Buddhist study lectures
    - Resources:
      - For students a “separate library of books on Buddhism and meditation available for borrowing from the Buddhist Community at Stanford”
        - Located in the BCS office and in the CIRCLE reference library
      - Links to various off-campus organizations that practice Theravada, “Pure Land”, Zen, and Vajrayana
- Tzu Chi Stanford Chapter - [http://tzuchi.stanford.edu/?page\\_id=7](http://tzuchi.stanford.edu/?page_id=7)
  - “Following the Buddha’s teachings, this organization aspires and works toward relieving all of those in need and in doing so, developing our own wisdom and enriching our appreciation for the meaning of life”
  - The events section of the website is not updated currently, though the club is still active
    - Most of the events are focused around community service and the Tzu Chi community
      - However, there is a Still Thoughts practice listed that appears to be geared towards mindfulness or contemplative practices
- World Peace Buddhists - <http://www.stanford.edu/group/wpb/about.html>
  - “The World Peace Buddhists is a Stanford University student club based on Nichiren Buddhism, and affiliated with the Buddhist organisation Soka Gakkai International (SGI)”
  - Links to other websites, and other sections of the website defining buddhism and the group’s goals and philosophy in more detail area available

- Appears to not be updated currently though past events included a buddhist group discussion entitled “Transforming Obstacles into Happiness” and some other buddhist group meet-ups
- Stanford’s Day of Kindness - <http://www.mindful.org/mindfulness-practice/compassion-and-loving-kindness/stanfords-day-of-kindness>
  - Article was in 2011 so the practice may not continue
  - The day was focused on being kind and being mindful of other kindness as well
- The Windover Contemplative Center - <http://archrecord.construction.com/news/2013/08/130815-Aidlin-Darling-Windhover-Center-Stanford.asp> <http://news.stanford.edu/news/2013/february/windhover-contemplative-center-020613.html>
  - Currently under construction (approved by the board of trustees in October) but expected to open in the spring of 2014
    - “It will include three rooms featuring four large paintings by the late Stanford art Professor Nathan Oliveira”
    - “Outside landscaping will feature a reflection pool and garden areas for meditation”
    - “The building will be enclosed in glass, allowing for viewing of the Oliveira paintings even from outside”
    - “Benches and cushions will be strategically placed in the three main rooms to allow visitors to quietly view the paintings”
      - Open to all faculty, staff and students (any Stanford ID)
      - Hours planned to be 11am-11pm
- The Center for Compassion and Altruism Research and Education - <http://ccare.stanford.edu/>
  - “CCARE investigates methods for cultivating compassion and promoting altruism within individuals and society through rigorous research, scientific collaborations, and academic conferences”
  - Offers a compassion cultivation program, teacher training, educational public events and more
  - Upcoming events include:
    - Meng-Wu lecture, Conversations on Compassion, ‘Connected’ Film Screening, ‘Hardwiring Happiness: The 7 Essential Strengths’ and more

### **Swarthmore College**

- The Swarthmore Sitting Group - <http://www.swarthmore.edu/student-life/religious-and-spiritual-life/meditation.xml>
  - Secular meditation group open to all students and faculty
  - Practices mindfulness and awareness meditation
  - Bi-weekly meetings, with discussion time as well
  - Occasionally led by Shambhala leader
- The Buddhist Community at Swarthmore (BCS) - <http://www.swarthmore.edu/student-life/student-activities/religious-and-spiritual-x11657.xml>
  - “The group meets weekly to discuss the Dharma, plan events, and meditate”

- Various mindfulness, yoga mindfulness, and meditation workshops/event scheduled previously
- Student Wellness - <http://www.swarthmore.edu/student-life/student-wellness/physical-wellness.xml>
  - Holds meditation and multiple types of yoga (hatha, ashtanga, bikram)

### **Trinity College**

- The Mindfulness Project - <http://www.trincoll.edu/StudentLife/SpiritualReligiousLife/communities/Pages/The.aspx>
  - Students, faculty, and staff
  - Offers weekly studios consisting of yoga, t'ai chi, aikido, karate, Zen (Buddhist) meditation, mindfulness meditation, and transcendental meditation
  - Organizes lectures, retreats, and other programs as well
- Trinity Zen - <http://www.trinityzen.org/>
  - For students and community to practice zen traditions of buddhism
  - Offers meditation sittings in the Crypt Chapel room, and pre-sitting instructions to newcomers, along with readings regarding Zen Buddhism
  - Offers one-day retreats as well

### **University of California, Berkeley**

- Tilden Room - <http://www.dailycal.org/2011/10/05/meditation-room-in-student-union-to-provide-space-for-thought-prayer/>
  - Room within a student union to provide a place for meditation and reflection for all students
  - Not used for classes, and doesn't allow reservations, it is specifically intended for individual student use
  - Open every day of the week
- Recreational Sports
  - Offers various classes that include breathing techniques, relaxation, and other mindfulness related practices
  - Some include:
    - Ashtanga Yoga
    - Sunrise Yoga
    - Tai Chi
    - Vinyasa Yoga Yoga Basic I & II
    - Yoga Stretch
- Student Organizations - <https://callink.berkeley.edu/Organizations>
  - Art of Living - <https://callink.berkeley.edu/organization/artoflivingclub>
    - Branch of the international organization Art of Living Foundation in UC Berkeley
    - Club activities include "yoga, knowledge, meditation, breathwork, service and fun"
    - No events scheduled currently

- Campus Student Meditation Program - <https://callink.berkeley.edu/organization/campusstudentmediationprogram>
  - No events, or information currently posted, though listed as a student organization of Berkeley
- Campus Events - <http://events.berkeley.edu/index.php>
  - Previously held multiple guided meditations led by different buddhist mindfulness practitioners
  - Free of charge to UC Berkeley students, faculty, and staff
    - [http://events.berkeley.edu/?event\\_ID=64637&date=2013-03-17&tab=all\\_events](http://events.berkeley.edu/?event_ID=64637&date=2013-03-17&tab=all_events)
    - [http://events.berkeley.edu/?event\\_ID=62063&date=2013-02-10&tab=all\\_events](http://events.berkeley.edu/?event_ID=62063&date=2013-02-10&tab=all_events)

### University of California, Los Angeles

- Mindful Awareness Research Center - <http://marc.ucla.edu/default.cfm>
  - “To foster mindful awareness across the lifespan through education and research to promote well-being and a more compassionate society”
  - Classes and workshops for the general public
  - Fosters and publicizes research to support the scientific benefits of mindful awareness
  - Integrates mindfulness with professionals--including doctors, medical students, Staff and faculty
  - Offer mindfulness tools and classes to support mental health professionals
  - Brings mindfulness into pre-K through grade 12 education via teacher training programs and mindful awareness classes in the schools
  - Workshops:
    - <http://marc.ucla.edu/body.cfm?id=28>
    - Various guest speakers and other lecture type events
      - Titles include: Breaking Bad Habits: The Neuroscience and Psychology of Transforming our Lives, Mindfulness, Sustainability, and Climate Change with Deborah Eden Tull, Mind Body Medicine: From Genes to Behavior, and many more,
  - Classes:
    - Mindful Awareness Practice - <http://marc.ucla.edu/body.cfm?id=76>
      - Open to the public and all UCLA staff, faculty and students
      - Six week course of lecture, practice, group feedback and discussion in weekly two hour meetings
        - Home meditation assignments to develop one;s own personal meditation practice, starting at five minutes and working up to twenty
        - Students learn several meditation types including walking, sitting, movement, standing, eating, and relational
      - All students receive a free copy of *Fully Present: The Science, Art, and Practice of Mindfulness* by Susan Smalley



- Classes cycle through seven different topics so each is different and focuses on different ideas
  - C Space:
    - “Offers FREE yoga and tai chi/qigong and are dedicated to calm, creativity, connectedness and compassion”
      - Only open to the academic personnel of UCLA
  - Youth Mindfulness - <http://marc.ucla.edu/body.cfm?id=114>
    - Program devoted to teaching teens the principles of mindfulness, for a registration fee of \$180
- Free Drop-in Meditations:
  - <http://marc.ucla.edu/body.cfm?id=61>
  - Several half hour sessions offered at various times throughout the week at various locations on the UCLA campus
- Weekly Community Meditations:
  - <http://marc.ucla.edu/body.cfm?id=116>
  - Weekly hour and a half sessions open to all for \$15
    - Each session consists of a half hour of guided meditation followed by a lecture period on mindfulness topics
- Online Classes:
  - <http://marc.ucla.edu/body.cfm?id=112>
  - Two different MAPs (Mindful Awareness Practices) courses available online for \$165
    - Same 6 week course as before except online
- Retreats:
  - Daylong Retreats - <http://marc.ucla.edu/body.cfm?id=35>
    - Organizes six full day retreats
      - Discounts offered to students and UCLA faculty/staff
      - Exercises in walking, sitting and eating meditation
      - Each retreat focuses on different topics, some titles include: Energy, Calm, Ease, and Well-being, Mindfulness and Social Engagement, Activate your Mindfulness Practice and more
  - Weekend Retreats - <http://marc.ucla.edu/body.cfm?id=78>
    - Weekend in Santa Barbara of “sitting and walking meditation, with ongoing guidance, lecture and instruction from the teachers”
      - “Cultivating positive emotions, mindful speaking and listening, mindful eating, and experience the depth of solitude and stillness”
      - 6pm on Friday to lunch on Sunday
  - Teen Retreats - <http://marc.ucla.edu/body.cfm?id=66>
    - 5 night retreat to help teens become “more at ease with oneself in interactions with others; and develop more mindfulness in normal daily activities such as eating, speaking, listening, athletic activity, and creative expression”

- Free guided meditations available for streaming and download into itunes
  - <http://marc.ucla.edu/body.cfm?id=22>
- The UCLA University Buddhist Association - <https://sites.google.com/site/ubahome/Home>
  - Invites various speakers to give several different talks on Dharma throughout the year open to all who wish to attend
    - After each Dhara talk is a short guided meditation of around 15-20 minutes
    - Not much else seems to be devoted to meditation

### University of California, San Diego

- Student Organizations:
  - University Buddhist Association - <http://tonga.ucsd.edu/studentorgregistration/RdOnlyDetail.aspx?data=4386>  
<http://uba.ucsd.edu/>
    - Non sectarian, buddhist community to promote the knowledge and practice of Buddhism
      - Club status shown as current although the website (second link) has no events scheduled on the calendar (may be too early in UCSD school year)
  - Tzu Chi Association - <http://tonga.ucsd.edu/studentorgregistration/RdOnlyDetail.aspx?data=4339>
    - very similar to the Tzu Chi chapter at Stanford
      - Focuses on compassionate service, less on mindfulness
  - Lounge of Bhakti Yoga - <http://tonga.ucsd.edu/studentorgregistration/RdOnlyDetail.aspx?data=4310>  
<http://nectarofbhakti.org/>
    - Would seem to be connected to meditation and mindfulness although the website lacks details.
- Center for Mindfulness - <http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>
  - “Multi-faceted program of clinical care, professional training, education, research and outreach intended to further the practice and integration of mindfulness into all aspects of society”
  - Classes:
    - Mindful Self Compassion - <http://health.ucsd.edu/specialties/mindfulness/compassion-programs/Pages/mindful-self-compassion.aspx>
      - 8 week format
        - “Developed by Kristin Neff, the pioneering researcher in the field of self-compassion” and “Christopher Germer, a clinical psychologist who specializes in mindfulness and compassion-based psychotherapy”

- “Eight weekly, 2 ½ -hour sessions in a classroom/discussion group format, plus a 4-hour retreat
- 5 day format
  - “Consists of a five-day retreat. The course is typically offered in a retreat setting and offers the ability to learn self-compassion while taking time away from our ordinary stressors and immersing ourselves in practice”
- 2 weekend format (hybrid of the above)
  - Two consecutive weekends, the first weekend consists of 8 hours of program time, and the second consists of 12 hours (each spread out through the days)
  - Course is offered locally
- Compassion Cultivation Training -
  - <http://health.ucsd.edu/specialties/mindfulness/compassion-programs/Pages/compassion-training.aspx>
  - “Integrates traditional contemplative practices with contemporary psychology and scientific research on compassion”
    - Daily meditation practices to develop loving kindness, empathy, and compassion
    - A two-hour weekly class that includes lecture, discussion, and in-class partner and small-group listening and communication exercises
    - Real-world “homework” assignments to practice compassionate thoughts and actions
- Your Mindful Heart -
  - <http://health.ucsd.edu/specialties/mindfulness/compassion-programs/Pages/YourMindfulHeart.aspx>
  - “Introduces participants to mindfulness-based skills that may strengthen one’s ability to remain more present in the volatile and beautiful field of significant relations”
    - Aims to develop the ability to remain mindful throughout the day, learn compassionate awareness, and become less judgemental
  - Registration fee varies--individuals \$175, couples \$200, and there is a possible early registration discount
- Mindfulness Based Stress Reduction -
  - <http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/about.aspx>
  - The course schedule consists of eight weekly classes and one daylong class on a weekend
  - There are guided instructions in mindfulness meditation practices, gentle stretching and mindful yoga, inquiry exercises to enhance awareness in everyday life, guided audio files for home practice and, and more
  - \$50 registration fee



- “Queer Dharma provides a safe and sane environment in which the unique concerns and experiences of LGBTQ individuals can be freely discussed, but everyone is welcome”
- Hosts weekly two hour sessions consisting of:
  - 1 hour of seated meditation (split by a brief walking meditation)
  - Brief break for tea and snacks
  - Discussion of meditation in action for the remaining time
- Samatha Buddhist Meditation - <http://www.samatha.org/chicago/>
  - Off campus organization that hosts regular classes in Buddhist Meditation
  - Also hosts some classes on campus free of charge for students
    - Beginner's Class
      - Weekly class throughout the academic year
      - “The Samatha technique taught here uses mindfulness of breathing, or attention to the breath, to calm and develop the mind”
- Shambhala Meditation
  - Hosts weekly two hour sessions consisting of:
    - 1 hour of seated meditation (split by a brief walking meditation)
    - Brief break for tea and snacks
    - Discussion of meditation in action for the remaining time
- Zen Buddhist Meditation - <http://www.ancientdragon.org/>
  - Hosts weekly hour long Zazen meditation sessions and monthly Dharma talks
- Meditation - <http://spirit.uchicago.edu/orgs/meditation.shtml>
  - Art of Living Foundation
    - Offers course on, “Sudarshan Kriya, a powerful breathing technique and other ancient practices”
    - Registration required
  - Mindfulness Meditation
    - Bi-weekly hour long sessions offered
    - “This series is offered twice a quarter for 3 consecutive weeks and includes instruction and practice of Mindfulness Meditation techniques”
  - Twenty Minutes Still - <http://spirit.uchicago.edu/>
    - Every week day, in the mornings, a twenty minute meditation
    - “Led by qualified meditation teachers”

- Free of charge
- Ashtanga Yoga Mysore Style
  - A “meditation-in-motion” class of moving between poses that are synchronized to the breath
  - Discounted price for UofC students
- Student’s Transcendental Meditation Association
  - Teaches and practices transcendental meditation for fellow students
  - Hosts weekly meditation sessions led by experienced and certified transcendental meditation

## University of Pennsylvania

- Penn Program for Mindfulness - <http://www.pennmedicine.org/stress/>
  - Schedule for 2013 - <http://www.cvent.com/events/fall-2013-mindfulness-program-schedule/event-summary-caa7b70c38ed40fe8e5392fa8a4f3bc6.aspx> (almost all programs have registration fees: from \$49 to \$549)
  - “Our Events and Workshops provide an introduction to mindfulness and mindfulness practices. A variety of topic-oriented workshops [and retreats] are offered throughout the year”
  - Published graphical results of the before and after mood states of the participants (all positive) - <http://www.pennmedicine.org/stress/faqs/>
    - Mindfulness-Based Stress Management Programs
      - Mindfulness-Based Stress Management
        - “Eight–week public program provides a thorough introduction to mindfulness meditation to reduce stress and enhance quality of life”
        - Starts sept. 23, 10 classes, 8 locations
      - Introduction to Mindfulness and Meditation
        - 2 hour workshops, 3 locations
    - Mindfulness in Health Care
      - Healing the Heart and Mind
        - “Mindfulness and meditation for health care providers”
        - “Eight–week course helps healthcare providers apply mindfulness techniques to manage stress and enrich clinical practice”
        - Starts sept. 26, program already filled
      - One Day Retreat for Healthcare Professionals
        - September 21, 2013
    - Advanced Programs
      - Deepening Foundations in Mindfulness
        - “Two 4-week programs; University City starts Oct 23rd; Bryn Mawr, PA starts Oct 26th”

- ½ Day Mindfulness Practice Intensive
- 1 Day Retreats for Experienced Meditators
  - Sep 22nd - The Interplay of Ethics, Mindfulness, and Psychotherapy
  - Sep 29th - Compassionate Mindfulness of the Body: The Doorway to Healing Stress, Pain & Illness
  - Oct 5th - Transforming Difficulty into Growth
  - Oct 20th - Forgiveness and the Development of Peace
  - Nov 17th - Mindfulness as Remembering or The Profundity of Forgetfulness
- Mindfulness In Education
  - Mindfulness in Education
    - “An Introductory Workshop for K-12 Teachers, Counselors & School Personnel Nov 2nd in Radnor”
  - Teaching Mindfulness to Children
    - “6-wk program for K-12 Educators, Counselors & School Personnel 6 weeks starting Oct 7th”
  - Half-Day Meditation Retreat for Educators Nov 9th
- Mindfulness for Teens
  - MindfulME!
    - “A 6-week Mindfulness Program for High School Age Teens 6 Weeks starting Oct 2nd”
- Mindfulness Meditation Drop-in Group - <http://www.vpul.upenn.edu/caps/events-detail?id=2593>
  - Previously offered group meditation for stress relief during exam time
- Mindfulness Skills Groups - <http://www.vpul.upenn.edu/caps/groups.php>
  - “A four-session, didactic/experiential group that meets weekly”

### University of Wisconsin

- Mindfulness Based Stress Reduction - <http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>
  - Mindfulness Introductory Course
    - “The introductory course includes guided instruction in Mindfulness meditation practices, gentle stretching and Mindful yoga, inquiry and application into experiences of daily living, group dialogue, home assignments and tapes”
  - Teen Mindfulness Program
    - Offered to anyone ages 15 - 18 interested in learning to mediate
  - Mindfulness Graduate Program
    - Graduate classes for those who have completed the introductory course, classes include:
      - Retreats, mindfulness and movement, martial arts and mindfulness, and mindful photography
  - Individual Patient Consultation

- Uses techniques of guided imagery, mindfulness, and meditation
  - Special Events Celebrating Mindfulness:
    - Oct. 11: An Evening with Jon Kabat-Zinn
      - \$35 meditation talk exploring the science and practice of meditation
    - Oct. 12: A Day of Mindfulness with Jon Kabat-Zinn
      - continuing mindfulness experience, \$125 fee
    - Various retreat opportunities for members of the mindfulness programs
- University Health Services - <http://www.uhs.wisc.edu/services/wellness/meditation.shtml>
  - Offers hour long monday & wednesday session starting in late september
    - Open to students faculty and staff, free of charge
  - Offers hour long friday class
    - Open to students only, registration required
- Mindfulness in The Digital Media Library - <http://www.fammed.wisc.edu/our-department/media/mindfulness>
  - Many different audio and video resources meditations
    - Including thirty minute sessions of unguided meditation, sitting meditation, and loving kindness, also includes sessions of various lengths of body scans, breathing meditations, compassion, and choiceless awareness
- UW Department of Psychiatry - <http://www.psychiatry.wisc.edu/uwpMindfulness.html>
  - “The Mindfulness Training Program offered by the UW Department of Psychiatry was developed to teach participants how to systematically and intentionally cultivate mindfulness”
    - Covers four main topics: loving kindness meditation, self-compassion and compassion, mindfulness, and cognitive behavioral therapy along with acceptance and commitment therapy
    - “Groups will run for ten sessions and typically start the first week of February, first week of June and end of September or Early October”
    - “Each person will have an individual interview to review their diagnosis, suitability, and timing in their life” but they consider all who apply (presumably students as well)
    - The Fall 2013 session is already completely full
- UW Interactive Medicine - <https://itunes.apple.com/us/itunes-u/mindfulness-in-medicine/id430427770>
  - 28 free downloadable tracks in itunes of various mindfulness practices including deep breathing, autogenic training, and more (appears to be some overlap with the digital library, though it is worth noting if only for the convenience factor using itunes to spread mindfulness)
- Center for Child and Family Well-Being - <http://www.sohe.wisc.edu/familycenter/newsandevents.htm>
  - Conference for Contemplative Practices to Promote Child and Family Well-Being
    - Fee of \$485 (students: \$75, faculty/staff: \$175), registration required, limited space, October 14 & 15, 2013



- Scheduled activities throughout the day including: mindfulness for adolescents, yoga, several speaker events, and mindfulness based childbirth

## **Vanderbilt University**

- Student Organizations
  - Holistic Union of Mind and Physicality - <https://anchorlink.vanderbilt.edu/organization/hump/About>
    - Strives, “for widespread congruence to integrated mind and body attitudes, practices and lifestyles (i.e. meditation and yoga)”
    - No events currently scheduled this year
  - Vanderbilt Buddhist Community - <https://medschool.vanderbilt.edu/organizations/buddhist>  
<https://anchorlink.vanderbilt.edu/organization/vbc>
    - Club to, “propagate the secular ethics of universal human values, “promote interfaith understanding and harmonious co-existence,” and, “provide, in a non-sectarian spirit, a forum for Buddhist teachings and practice”
    - Has previously held mindfulness retreats, zen film screening, guided meditations, nature walks, and more
      - <https://anchorlink.vanderbilt.edu/organization/VBC/calendar/details/168857>
    - <https://anchorlink.vanderbilt.edu/organization/vbc/documentlibrary>
      - Various meditation and buddhist related materials and guides available for download
  - Vandy Karma - <https://vanderbilt.collegiatelink.net/organization/vandykarma>
    - To increase the understanding of Hinduism and to practice hinduism and other related activities
    - Has hosted various events including meditation, yoga, and bhajans
- Campus
  - Quiet Places for Prayer and Reflection - <http://www.vanderbilt.edu/religiouslife/wp-content/uploads/Religious-Spaces-on-Vanderbilt-University.pdf>
    - Lists several chapels and buildings with quiet rooms and places for any students interested
- Religious Services - <http://www.vanderbilt.edu/religiouslife/religious-services>
  - Kabbalat Shabbat
    - “Learn deep, kabbalistic meditations in the Kabbalat Shabbat service”

## **Vassar College**

- Thompson Memorial Library
  - Quiet Room
    - Renovated room of the library devoted to being a place of retreat for students



## Wellesley College

- Buddhist Community -  
<http://www.wellesley.edu/religiouslife/multifaithprograms/buddhism>
  - Mindfulness based stress reduction classes offered occasionally during the year
  - Zen Group Meditation sessions three times a week
- Healthy You - <http://www.wellesley.edu/hr/benefits/healthyu>
  - Plans to offer meditation/mindfulness sessions again this year

## Wesleyan University

- Three session, charged course “The Art and Science of Meditation” -  
<http://www.wesleyan.edu/will/courses-items/2013-fall/artandscienceofmeditation.html>
- Several Mindfulness classes divided into several sessions offered by Spiritual Life club, and other visiting instructors
- Student Organizations:
  - AcroYoga Club - teaches acrobatic partner yoga -  
[https://wesep.wesleyan.edu/cgi-perl/students/wsane/wsa\\_groups.cgi](https://wesep.wesleyan.edu/cgi-perl/students/wsane/wsa_groups.cgi)
  - Transcendental Meditation - bi weekly meditation sessions in chapel meditation room - [https://wesep.wesleyan.edu/cgi-perl/students/wsane/wsa\\_groups.cgi](https://wesep.wesleyan.edu/cgi-perl/students/wsane/wsa_groups.cgi)
  - Wexcercise (Wesleyan Exercise Club) - some yoga classes offered though seems to be less geared towards mindfulness and more towards fitness
- Wesleyan Dharma Study Group - <http://www.wesleyan.edu/wsa/wdsg/>
  - Meets for sitting sessions monday, tuesday, wednesday, thursday at various times
  - Has had multiple speaker events, retreats, and has a Shambhala Buddhist Meditation planned

## Williams College

- Occasionally booked some speakers or hosted mindfulness related events, titles included:
  - Mindfulness and Acceptance-Based Behavioral Therapy for Anxiety
  - Racial Mindfulness Workshop
  - The Heart of Mindfulness
- MediTEAtion: Group Meditation with Tea
  - Previously held Weekly 40 minute guided meditations followed by tea, snacks, and discussion
  - All students welcome
  - Now inactive - [https://calendar.williams.edu/group/meditation\\_society](https://calendar.williams.edu/group/meditation_society)
  - [https://calendar.williams.edu/event/meditation\\_group\\_meditation\\_served\\_with\\_tea#.UkOg77w1ZV8](https://calendar.williams.edu/event/meditation_group_meditation_served_with_tea#.UkOg77w1ZV8)

## Yale University

- Chaplain’s Office - <http://chaplain.yale.edu/mindfulness>
  - Mindfulness
    - Zazen Meditation instruction and meditation two hour sessions
  - Breathing Space - <http://chaplain.yale.edu/breathingspace>



- Mindfulness Meditation for Beginners -  
[https://bmsweb.med.yale.edu/tms/tms\\_enrollments.offerings?p\\_crs\\_id=3898](https://bmsweb.med.yale.edu/tms/tms_enrollments.offerings?p_crs_id=3898)
  - Free, but not currently scheduled