

Mindfulness Teachers Offering Private Sessions

Working with a teacher or practice guide can greatly strengthen meditation practice and one's sense of connection to the Buddha's path. The following list was compiled by members of IMCB with guidance from James Baraz. All teachers and guides on this list welcome working with students. Please contact the teachers directly about their availability, which over time may vary from the list.

Waiver: This list consists of teachers known to James Baraz and members of IMCB to be responsible and caring Buddhist practitioners. However, you are responsible for your own experience when contacting someone on the list. Please know that when you make contact with anyone on the list, you waive your right to hold James or IMCB legally responsible for your experience.

Dana: In offering dana, please consider being generous since many teachers depend on dana for their livelihood.

Abbreviations:

CDL	Community Dharma Leaders program	MSMC	Mountain Stream Meditation Center
DPP	Dedicated Practitioners Program	MBSR	Mindfulness Based Stress Reduction Program
EBHC	East Bay Healing Collective	SE	Somatic Experiencing method
EBMC	East Bay Meditation Center	SFI	San Francisco Insight
IMCB	Insight Meditation Community Berkeley	SRMC	Spirit Rock Meditation Center

Note: We have tried to make this list secure. You need to replace <AT> in the email addresses below with @ sign.

James Baraz – Berkeley. Founding & lead teacher, IMCB. SRMC Teachers' Council. Retreat leader. Author: *Awakening Joy*. Available to meet with students on a limited basis. baraz<AT>pacbell.net \$100/hr. or dana

Daniel Doane – Berkeley. Mindfulness teacher & yoga teacher, Vipassana & Zen practice. Founder of Berkeley Friday noon peace vigil. Interest in socially engaged Buddhist practice, art & creativity, & working with disabilities. doaneman<AT>hotmail.com Open dana

Sean Feit – Berkeley, Oakland, and San Francisco. Teacher at EBHC, & assistant teacher at SF Insight. DPP, Zen, and yoga training. Yoga teacher (Yoga Mandala and Yoga Garden), and kirtan leader. SE Practitioner. Focus on meditation & yoga integration, bhakti, arts. sean<AT>nadalila.org www.nadalila.org. Open dana

Kevin Griffin – North Berkeley. CDL training. Dharma/12-Step addiction specialty. Retreat leader. Author: *One Breath at a Time: Buddhism and the Twelve Steps* and *A Burning Desire: Dharma God and the Path of Recovery*. kevgriffin2<AT>comcast.net 510-666-8317 Open dana

Erin Hill-Selover – Berkeley and Oakland. Mindfulness and Yoga teacher. Vipassana & Tibetan traditions. erinmichellehill<AT>gmail.com \$60-100 per hour; offer shorter session by phone.

Ernie Isaacs – Berkeley. Weekly sitting group leader. CDL training. Therapist. Vipassana and Diamond Approach practitioner. ernesti<AT>pacbell.net Open dana

Kate Janke – Albany. Teacher with Mindful Schools. DPP training, Preference for working with teens and young adults. kate.a.janke<AT>gmail.com Open dana

Art Jolly – Oakland, Grand Lake area. Mindfulness teacher, sitting group leader, DPP and CDL training, somatic & conscious movement work. artjolly<AT>yahoo.com Open dana

Charlie Johnson – Oakland, Vacaville. Mindfulness teacher; MBSR teacher, yoga teacher. EBMC Leadership Council. Retreat leader. CDL training. Charlie<AT>stressreductiontraining.com \$0-\$100

Will Kabat-Zinn – Oakland and San Francisco. Vipassana teacher (SRMC teacher training program grad). Retreat leader. Marriage & Family Therapy intern. willkabat-zinn<AT>gmail.com \$80-\$120 for 50 minutes

Janet Keyes – Berkeley. Buddhist chaplain: deep listening with people experiencing loss, grief or spiritual/emotional distress. Prefer those with established practice. IMCB. keyhub<AT>sbcglobal.net
Open dana

Diana Lion – Berkeley. Mindfulness teacher (Vipassana); Zhiheng Qigong teacher; NVC trainer. CDL & DPP training. Socially engaged dharma; diversity practices; working skillfully with illness/pain. Dzogchen student. Very limited availability. diana.lion<AT>gmail.com Open dana

Matthew Morey – S.F. Marina District. Teaches school age & teens at SRMC; open to working with any age but preference for teens and young adults. Therapist. mwmorey<AT>hotmail.com \$50-\$100 hr

Alexa Ouellett – Berkeley. Teacher with Mindful Schools; facilitator for East Bay Family Sangha and EBHC. Leads teen retreats at SRMC. aouellett<AT>gmail.com Open dana

Jonathan Reynolds – S.F, Berkeley. Teacher, therapist, yoga teacher. Founding teacher of Learning to Listen Yoga & Meditation Collective. jonathan<AT>learningtolisten.info www.ayogisway.com.
Open dana

Anthony Rodgers – Berkeley. Teacher at EBHC. Graduate of DPP and the Sati Center Chaplaincy program. Zen Hospice Project volunteer. rodgerra<AT>yahoo.com, 615-335-4003 Open dana

Donald Rothberg – North Berkeley. SRMC teacher, Vipassana and Dzogchen practice, somatic work, socially engaged practice. Retreat leader. Author: *The Engaged Spiritual Life*. Availability to meet with students on a limited basis. donald<AT>donaldrothberg.com \$50-\$100 hr

Martina Schneider – Oakland. Mindfulness teacher (SRMC teacher training program grad). Marriage & Family Therapy intern. Socially engaged Buddhist practice. martinaschneider108<AT>gmail.com
Open dana

Richard Shankman – Oakland. Teaches at SRMC; guiding teacher for Berkeley Wednesday night meditation group. Retreat leader. Author: *The Experience of Samadhi*. info<AT>richardshankman.org, www.Mettadharma.org Open dana

Tempel Smith – Oakland. Teaches at SRMC, SE, teen & young adult retreat leader, socially engaged Buddhist practice, Southeast Asia/India pilgrimage leader. Preference for working with students with at least one week-long retreat experience. tempel108<AT>gmail.com, www.templesmith.info (415) 573-5161 \$50-\$100

Rain Elizabeth Stickney – Berkeley, S.F. Teacher at EBHC. Spiritual counselor, family coach, massage therapist, Emotional Integrative Bodywork. Works with students of all levels of experience and particularly with trauma, spiritual crisis, and relationship issues. http://dragonflybay.com, spirit<AT>dragonflybay.com. 415-401-8340 \$110 - \$70

Heather Sundberg – Lives in Sierra foothills but travels to Bay Area monthly. Teacher at MSMC (Sierra Foothills) & SRMC, Vipassana & Vajrayana practice, family program leader, somatic work. Retreat leader. info<AT>heathersundberg.com heathersundberg<AT>gmail.com www.heathersundberg.com (415) 819-8440 \$40-80 per hour, in person or by phone

Spring Washam – Oakland. Founding teacher EBMC. Teaches at SRMC. SRMC teacher training program. Retreat and weekly sitting group leader. Interest in bringing mindfulness based practices to diverse communities. spring.washam<AT>gmail.com; www.springwasham.com Open dana

Arinna Weisman – S.F., Oakland. Teacher at EBMC and SRMC. Practices primarily vipassana and is student in Advaita and Dzogchen traditions. Retreat leader. Co-author *Beginner's Guide to Insight Meditation*. Includes practice of living with diversity. arinnaweisman<AT>aol.com \$40 - \$80