

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.

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

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. Many teachers depend on dana for their livelihood.

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

Teacher	Location	Experience	Contact	Dana
James Baraz	Berkeley	Founding & lead teacher, IMCB. SRMC Teachers' Council. Retreat leader. Author: <i>Awakening Joy</i> . 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 510-666-8317	Open dana
Sean Feit	Berkeley, SF & Oakland	Teacher, EBHC, & assistant teacher at SF Insight. DPP, Zen, and yoga training. Yoga teacher (Yoga Mandala & 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: <i>One Breath at a Time: Buddhism and the Twelve Steps</i> and <i>A Burning Desire: Dharma God and the Path of Recovery</i> .	kevgriffin2<AT>comcast.net	Open dana
Erin Hill-Selover	Berkeley & Oakland	Mindfulness and Yoga teacher. Vipassana & Tibetan traditions.	erinmichellehill<AT>gmail.com	\$60-100/ hr; shorter 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

Teacher	Location	Experience	Contact	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 & San Francisco	Vipassana teacher (SRMC teacher training program). Retreat leader. Marriage & Family Therapy intern.	willkabat-zinn<AT>gmail.com	\$80-120 for 50 mins.
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); Zhi-neng Qigong teacher, NVC trainer. CDL & DPP training. Socially engaged dharma; diversity practices; working skillfully with illness/pain. Dzogchen student. Limited availability.	diana.lion<AT>gmail.com	Open dana
Matthew Morey	SF (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
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	SF, Berkeley	Teacher, therapist, yoga teacher. Founding teacher of Learning to Listen Yoga & Meditation Collective.	jonathan<AT>learningtolisten.info	Open dana
Anthony Rodgers	Berkeley	Teacher, EBHC. Graduate of DPP, 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: <i>The Engaged Spiritual Life</i> . Availability to meet with students on a limited basis.	donald <AT>donaldrothberg.com	\$50-100
Martina Schneider	Oakland	Teacher (SRMC teacher training program grad). Socially engaged Buddhist practice. Mindfulness teacher for children.	martinaschneider108<AT>gmail.com	Open dana
Richard Shankman	Oakland	Teaches at SRMC; guiding teacher for Berkeley Wednesday night meditation group. Retreat leader. Author: <i>The Experience of Samadhi</i> .	info<AT>richardshankman.org www.mettadharm.org	Open dana
Tempel Smith	Oakland	SRMC teacher, 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.tempelsmith.info 415-573-5161	\$50 -100
Rain Elizabeth Stickney	Berkeley, SF	Teacher, EBHC. Spiritual counselor, family coach, massage therapist, Emotional Integrative Bodywork. Meditation practices including Tibetan & Advaita Vedanta. 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; travels to Bay Area monthly.	Teacher at MSMC & SRMC, Vipassana & Vajrayana practice, family program leader, somatic work. Retreat leader.	heathersundberg<AT>gmail.com info<AT>heathersundberg.com 415-819-8440	\$40-80 per hour, in person or by phone
Spring Washam	Oakland	Founding teacher EBMC. 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	SF, Oakland	Teacher, EBMC and SRMC. Practices primarily vipassana and is student in Advaita and Dzogchen traditions. Retreat leader. Co-author <i>Beginner's Guide to Insight Meditation</i> . Includes practice of living with diversity.	arinnaweisman<AT>aol.com	\$40-80