

EAST BAY MINDFULNESS TEACHERS AND PRACTICE GUIDES

Working with a teacher or practice guide can greatly strengthen meditation practice and one's sense of connection to the Buddha's path. 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 be responsible and caring Buddhist practitioners. However, you are responsible for your own experience when contacting anyone on the list, you waive your right to hold 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 the @ sign.

Abbreviations

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

Teacher	Location	Experience	contact	Dana
Baraz, James	Berkeley	Founding & lead teacher, IMCB. SRMC Teachers' Council. Retreat leader. Author: <i>Awakening Joy</i> . Available to meet with students on a limited basis.	baraz415<AT>gmail.com	\$100-150/hr. or dana
Doane, Daniel	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

Feit, Sean	Berkeley, SF & Oakland	Teacher, 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 http://www.nadalila.org/	Open dana
Griffin, Kevin	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
Issacs, Ernie	Berkeley	Weekly sitting group leader. CDL training. Theapist. Vipassana and Diamond Approach practioner.	ernesti<AT>pacbell.net	Open dana
Jolly, Art	Oakland, Grand Lake area	Mindfulness teacher, sitting group leader, DPP and CDL training, somatic & conscious movement work.	artjolly<AT>yahoo.com	Open dana
Johnson, Charlie	Oakland, Vacaville	Mindfulness teacher; MBSR teacher, yoga teacher. EBMC Leadership Council. Retreat leader. CDL training.	Charlie<AT>stressreductiontraining.com	\$0-100
Kabat-Zinn, Will	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.
Little, Elizabeth	Oakland	Vipassana meditation coach, KM group, Women's meditation groups. DPP & CDL training.	sacredgrdn<AT>gmail.com	Dana sliding scale, up to \$60/session
Munding, Kate	Alemeda	Co-guiding teacher at IMCB. DPP training, SRMC Teacher training program.	kate.a.janke<AT>gmail.com	Open dana
Reynolds, Jonathan	phone/SKYPE	Life Coach, Mindful Leadership Trainer, Meditation Coaching: Concentration, Loving-Kindness, Four Foundations of Mindfulness	jonathan<AT>mindfullifemindfulwork.com; five-one-zero-two-three-nine-seven-two-eight-four	Visit: www.mindfullifemindfulwork.com

Rothberg, Donald	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
Shankman, Richard	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, http://Mettadharma.org/ ,	Open dana
Smith, Tempel	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 , four-one-five-five-seven-three-five-one-six-one	\$80-125
Washam, Spring	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; http://springwasham.com/	Open dana
Weisman, Arinna	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