

Bainbridge Island Meditation Groups: Most of these groups are free or by donation aka "Dana".

Mindfulness/Vipassana/Insight Meditation

**Mondays 7-9 pm Insight/Vipassana @ The Bodhi Center, 6717 NE Marshall Rd.
paulaschmidt842@gmail.com**

**Wednesdays 7:20-8:00 am @ St. Barnabas Episcopal Church
Denise Janetos 842-2942**

**Mondays 8:30-9:15 am @ Island Yoga House. Located in the Bainbridge Business
Park at 7861 NE Day Road, Suite 214. Phone: 206-451-4796**

**Tuesdays 8:30-9:15 Meditation led by Karen and Ann also at Island Yoga House
Phone: 206-451-4796**

**Thursday mornings at BIMA Auditorium with Steve Parsons
kristin@biartmuseum.org or [.206.451.4004](tel:206.451.4004)**

Meditation:

**Mondays from 12:00 – 12:30pm @ Dayaalu Center, 159 Wyatt Way. with
Karen Blochlinger Suggested Donation \$5* (no one turned away)**

**Tuesday evening from 7:30-9p @ Cedars UU Center, 284 Madrona Way, Suite 128,
Channie (petersoc47@gmail.com)**

Japa Meditation

**Tuesdays at Island Yoga House with Ann. Silent meditation followed by mantra
chanting. See above for address and contact information**

**ZEN Heart Mountain Sangha at the Bodhi Center, 6717 NE Marshall Rd. (Check Bodhi Website
for updates) Wednesday Morning Program 9:00 to 10:00 am**

**Thursday Evening Program 7:30 to 8:30 pm
Roshi Mark Lancaster: phone at (206) 347-3394 or mark@shinki.org**

**Zen Rinsai Sunday 8-10:00 am Entsuji Zen Center
Shozan Mark Joslyn 842-2828**

**Zen Soto Thursday 7-8 pm and Saturday mornings 8:30
Jim McCormick 780-0613
or serend@comcast.net**

**Updated January 2017. This list is maintained by Shannon McKee. Please let her if you know of
other meditation groups or changes in this schedule. Thank you. 206-375-5805 or
smckeemsw@gmail.com**

