

## Basic Instruction in Meditation and Information about the Theravada

### Buddhist tradition:

- Tara Brach, senior teacher and founder of Insight Meditation Community of Washington: <https://www.tarabrach.com>  
Go to MEDITATION >> New to Meditation
- Gil Fronsdal, founder and now co-teacher of Insight Meditation Society, Redwood City, CA <http://www.audiodharma.org/series/1/talk/7171/>
- Sharon Salzberg: [www.sharonsalzberg.com](http://www.sharonsalzberg.com)  
Free meditations and videos. Also link to *New York Times* excellent “*New York Times* How to Meditate Guide”
- Insight Meditation Society- the meditation center founded by Joseph Goldstein, Sharon Salzberg, and Jack Kornfield: [www.dharma.org](http://www.dharma.org) Go to NEW TO MEDITATION
- Wildmind Buddhist Meditation: [www.wildmind.org](http://www.wildmind.org)  
Complete guide to meditation techniques; supplies and a blog.
- Spirit Rock Retreat Center (founded by Jack Kornfield): [www.spiritrock.org](http://www.spiritrock.org)  
go to TEACHINGS >>HOW TO MEDITATE
- Access to Insight: [www.accesstoinsight.org](http://www.accesstoinsight.org)  
Go to BEGINNINGS >> WHAT IS THERAVADA BUDDHISM?
- Dharma Seed: [www.dharmaseed.org](http://www.dharmaseed.org)  
Many talks by different teachers on Buddhism. Click on “Talks” and use search word meditation

### APPS:

Headspace: Highly recommended by Valley Insight teachers  
[www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)  
Free 10 day trial then \$7.99/mo. Guided meditations & timer.

Insight Timer:

[www.insighttimer.com](http://www.insighttimer.com)

Free: guided meditations/groups/timer

Equanimity:

[www.meditate.mx/iphone](http://www.meditate.mx/iphone)

\$4.99: Meditation apps/timer/journal

Stop, Breathe, Think:

[www.stopbreathethink.org](http://www.stopbreathethink.org)

Free: additional in-app meditations \$0.99 to \$1.99. Mood based meditations.

The Mindfulness App:

[www.mindapps.se/themindfulnessapp](http://www.mindapps.se/themindfulnessapp)

\$1.99: A get started program; Free silent or guided meditations of varying lengths by different teachers.

**Retreat Centers:**

Spirit Rock Meditation Center in Woodacre, CA [www.spiritrock.org](http://www.spiritrock.org)

Insight Meditation Society in Barre, MA [www.dharma.org](http://www.dharma.org)

Numerous courses offered by various teachers – online and residential:

Barre Center for Buddhist Studies in Barre, MA [www.bcbsdharma.org](http://www.bcbsdharma.org)

Also offers the *Insight Journal* for free download

**Magazine giving viewpoints from many schools of Buddhism:**

*Tricycle Magazine*: <https://tricycle.org/magazine/>