

## Resources for Meditating in the Greater Toronto Area

*This information is provided to help you get started in your search. I cannot guarantee the quality of instruction at any of these locations. Feel free to ask me for more details.*

**Ontario Vipassana Centre.** [www.torana.dhamma.org](http://www.torana.dhamma.org). 10-day non-sectarian silent residential meditation instruction retreats on a pay-what-you-can donation basis (including food, lodging, instruction, etc.). Highly recommended, however certain restrictions apply. The Centre is divided into men's and women's areas; however, efforts are underway to ensure as comfortable access as possible for trans, genderqueer and gender non-conforming people. Please contact me for details.

**Shambala Centre.** 670 Bloor Street West Toronto, ON M6G 1L2. (416) 588-6465 <http://toronto.shambhala.org>. Meditation instruction is available every Tuesday and Wednesday evening at 7 pm. Group sitting practice also takes place on these evenings from 7 pm to 8 pm. Everyone welcome.

**Spring Rain Sangha** <http://www.springrainsangha.com> (416) 444-9292 Meditation classes every Tuesday evening from 7:15 to 9:00 p.m. at 60 Lowther Ave. (2 blocks north of Bloor Street West off Bedford Road), Toronto. Admittance is by donation. Everyone welcome. Other programs available on the website.

**Osho Meditation** <http://madhuban.ca/> \$5 weekly meditations (instructions given), day-long retreats for ~\$50 (\$40 students, \$90 couples) including food. Weekend retreats as well.

**Art of Living** [www.artofliving.ca](http://www.artofliving.ca). 3-4 day intro courses. Financial assistance and payment plans often available; ask instructor. Toronto contact: Samira Sud, 416-897-5744.

A Directory for Toronto's yoga, meditation and wellness community.  
<http://torontobodymind.ca/directory>

### **MBSR (Mindfulness-Based Stress Reduction) Programs around the city**

The kind of meditation practiced in traditions such as Vipassana (see above) were adapted for use by Western practitioners and health care workers, leading to the formation of MBSR and Mindfulness Based Cognitive Therapy (MBCT) programs that are fairly widely available.

Usually an 8-10 week program of 1 class per week, plus take-home resources (e.g. CDs) for at-home meditation practice. Private programs around the city are usually at least partly covered by OHIP through doctor's referral. However many also ask for an additional fee of ~\$300. Some programs ask for this additional fee on a **sliding scale** basis.

The **University Health Network** offer programs for approx \$80, geared to various groups: [http://www.uhn.ca/about\\_uhn/programs/pain\\_management/patientinfo/mindfulness.asp](http://www.uhn.ca/about_uhn/programs/pain_management/patientinfo/mindfulness.asp)

Programs made be found that are tailored toward **specific groups** (e.g. cancer patients and their families, people with chronic pain, artists, etc.).