**Support for Continuing to Practice**

Meditate with other people, attend a sitting group or form your own, join a yoga class

Meditation

* UW Health Integrative Medicine – Mindfulness Based Stress Reduction

UW Health Research Park Clinic

621 Science Dr.

Madison, WI

For information call 265-8325

www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction

* Snowflower Sangha: Tuesdays 7-8:30pm and Fridays 7-9pm

*Tuesdays* - Wesley Room of the Trinity United Methodist Church, 1123 Vilas Avenue (two blocks west of Park St.). Enter through the parking lot door on the right (west) side of the building, where a Sangha member will greet you and direct you to our meeting.

*Fridays* - Sanctuary of the Friend’s Meetinghouse, 1704 Roberts Court, near the Stadium in Madison (straight ahead after entering, leave coat and shoes in the hall).

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

* Madison Insight Meditation Group: Tuesdays 6:30-8:00pm and Sundays 6-8pm

*Tuesdays* - 9638 Shadow Ridge Trail, Middleton, WI

*Sundays* - First Unitarian Society, 900 University Bay Drive, Madison, WI

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

* Madison Zen Center: morning and evening sittings (see website for days and times)

1820 Jefferson St. Madison, WI

For information call 255-4488

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

* Isthmus Zen Center: Wednesday 6:30 – 8pm and Sunday 6:30-8:30pm

408 Baldwin St. Madison, WI

For information call 221-3379

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

* Madison Meditation Sangha for folks in Recovery of any kind:

Wednesday 5:30-6:30pm

Neighborhood House Community Center

 29 S. Mills St. Madison, WI

For information e-mail Scott at scottk@LCS-impact.com

<https://sites.google.com/site/meditationandrecovery/>

* Insight Mediation Society

1230 Pleasant Street, Barre MA

http://www.dharma.org

Residential retreat information and online resources including teacher talks, mediations and reading lists

* Spirit Rock

5000 Sir Francis Drake Blvd Woodacre, CA

http://www.spiritrock.org

Residential retreat information and audio resources including dharma teachings

 Yoga Classes

* Mound Street Yoga

1342 Mound St. Madison, WI

(608) 442-6792

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

* Main Street Yoga

1882 Main St. Madison, WI

(608) 347-5466

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

Books

* Brach, Tara. Radical Acceptance
* Chodron, Pema. Start Where You Are: A Guide to Compassionate Living
* Chodron, Pema. When Things Fall Apart: Heart Advice for Difficult Times
* Goldstein, Joseph & Kornfield, Jack. Seeking the Heart of Wisdon: The Path of Insight Meditation
* Goldstein, Joseph. Insight Meditation: The Practice of Freedom
* Hahn, Thich Nhat. Being Peace
* Hahn, Thich Nhat. The Miracle of Mindfulness
* Hahn, Thich Nhat. Understanding Our Mind
* Kabat-Zinn, Jon. Coming to Our Senses
* Kabat-Zinn, Jon. Everyday Blessings
* Kabat-Zinn, Jon. Full Catastrophe Living
* Kabat-Zinn, Jon. Whever You Go There You Are
* Kornfield, Jack. A Path With Heart
* Rosenberg, Larry. Breath by Breath
* Salzberg, Sharon. Loving-Kindness: The Revolutionary Art of Happiness