

MEDITATION RESOURCES

1. Meetup Groups

Website: www.meetup.com

Various groups located throughout Toronto

2. Satipañña Insight Meditation Toronto (SIMT)

The Society of Friends (Quakers) House

60 Lowther Avenue

Website: www.satipanna.com

Tuesdays 7:15 PM (sharp) - 9:00pm

Satipañña, formerly Spring Rain Sangha, is a non-profit Mindfulness community. Practices are based on the early teachings of the Buddha.

3. Buddhist Meditation:

Shambhala Meditation Centre of Toronto

670 Bloor St. West, Suite 300

Website: toronto.shambhala.org

Tel: 416-588-6465

The Shambhala Meditation Centre offers meditation instruction, group meditation practice, and regular public talks.

4. Zen Buddhist Temple

Location: 86 Vaughan Road (near Bathurst & St. Clair)

Website: www.ZenBuddhistTemple.org

Tel: 416-658-0137

Offers services and meditation instruction to make the practice of Buddhist meditation available to the general public, serves as a spiritual community for friendship and support as well as a monastery for cultivation and training.

4. Dharma Friends

177 Mutual Street (2nd floor community room, entry code 270)

Website: www.dharmafriends.weebly.com

Tel: call Joseph at 416-935-1759

Dharma Friends supports Buddhist meditation practice in Toronto's LGBT community, bringing together diverse Buddhist traditions. Mainly a LGBT group but all are welcome as long as they're gay-positive.

5. Meditation Toronto

Offers free meditation classes in various locations across Toronto - see website

Website: www.meditationtoronto.com

Tel: 416-539-0234

7. True Peace Toronto

True Peace Toronto is a group of mindfulness practitioners who meet to practice and learn mindfulness together. Meets Mondays from 5:30 - 7:30 pm at the Multifaith Centre at the University of Toronto and Fridays from 6:45 - 8:45 pm at the Jewish Community Centre at Bloor and Spadina.

<http://truepeacetoronto.ca/>

8. Kadampa Meditation Centre

631 Crawford St., Toronto

Tel: 416-762-8033

<http://kadampa.ca>

Downtown Buddhist temple offering drop-in classes, workshops, guided meditations.

9. Toronto Mindfulness Community

662 Pape Avenue, Toronto

<http://torontomindfulnesscommunity.org/class/classes/>

Class consists of sitting meditation, walking meditation, and a brief talk ... donation according to one's means

10. Ginny MacFarlane - The Mindful Mood Workshop

2243 Queen St. East, 2nd Floor, Toronto

Phone: 416.686.2138

<http://www.mindfulmood.com/>

Structured workshops to help deal with anxiety and depression.

11. Cognitive Toronto, Dr. Neil Levitsky

<http://cognitivetoronto.com>

Offers free meditation podcasts - click on 'Podcasts' at top of screen

Dr. Levitsky runs CBT and Mindfulness Groups - click on 'Group Therapy' at top of screen

Other Possibilities:

• **Centre of Gravity Buddhist Association**

215 Spadina, Suite 400, Toronto

Website: <http://www.centreofgravity.org>

Tel: 416.631.4260

Offering spiritual practice committed to integrating the form of practice (sitting meditation, yoga postures, textual study) with everyday life and social action.

• **Living Earth Healing Arts**

982 Bathurst Street, Toronto, ON

Website: <http://www.livingearthschool.com>

Tel: 416.530.6959

Teaching an integrated approach to healing using the modalities of meditation, martial arts and bodywork, the focus is on using the Ki of the earth to send and receive.

• **Friends of the Heart**

2510 Yonge St., Suite 324, Toronto, ON

Website: www.friendsoftheheart.com

Tel: 416-486-5105

Offers meditation instruction that embraces mindfulness teachings of East and West.

• **Mindful Matters**

Mississauga, ON

Website: www.mindfulmatters.ca

Tel: (905) 785-2990

Meditation energy workshops and hypnosis/past life regression, reiki and reflexology sessions.

- **Eight Branches Healing Arts Centre**
 358 Dupont Street, Toronto
 Website: www.eightbranches.ca
 Tel: 416-925-5722
 Eight Branches hosts classes and workshops that encourage self-management of one's health and ongoing wellness.
- **Sarana Institute**
info@saranainstitute.org
<http://www.saranainstitute.org/saranainstitute.org/Welcome.htm>
 Sarana Institute offers education and training that supports personal well-being by offering mindfulness and compassion practices as essential skills for caregivers in “being present” as they meet the challenges of illness, aging and end-of-life.
- **Healing Arts Centre - Qi Gong Centre**
 321 Davenport Rd. Toronto, ON, M5R 1K5
 Tel: 416-546-2311
www.healingartscentre.org
 Offers an integrated approach to health and healing that includes health education, dynamic practices, clinical medicine, and diet therapy.
- **Centre for Mindfulness Studies**
 180 Sudbury Street, Unit C2, Toronto, ON M6J 0A8
 Tel: 647-524-6216
www.mindfulnessstudies.com
 Provides mindfulness-based therapies for conditions such as anxiety and depression, eating disorders, ADHD, substance abuse and chronic pain.
- **Mindfulness Everyday**
 305 Morrish Road, Scarborough
www.mindfulnessseveryday.com
 Offers Mindfulness-Based Stress Reduction workshops, in non-clinical settings, as well as programs for youth, parents and educators.
- **Toronto Public Library**
<http://www.torontopubliclibrary.ca>
 Meditation classes held at different branches. Search ' meditation class' under Programs, Classes & Exhibits.

Mindfulness Movement

The Feldenkrais Centre

Tel: 416.658.7572

www.feldenkraiscentre.com

The Feldenkrais Method® uses a unique combination of gentle exercises and body awareness training to improve communication between the brain and the body to restore efficiency and pleasure in movement.

Esther Myers Yoga

390 Dupont Street, Suite 203

Tel: 416-944-0838

www.estheryoga.com

Yoga postures promote relaxation in the muscles, a spacious mobility in the joints of the body, and enhanced energy and vitality for practitioners of any age, physical condition, or level of fitness.

International Taoist Tai Chi Society

Toronto Branch 1376 Bathurst St.

Tel: +1 (416) 656-2110

<http://toronto.taoist-tai-chi.org>

Tai Chi Chuan, Ba Gua Zhang and Qigong:

Donna Oliver

Tel: 416-425-8269

www.taiji-dao.com

Power of Balance

Tai Chi and Meditation Centre

Tel: 416-465-6122

www.powerofbalance.com

Yoga space

148 Ossington Avenue

Tel: 416.516.9940

www.yogaspace.net

Popular, on-going, pre-registered courses such as, Introduction to Yoga, Restorative Yoga and Therapeutic Yoga, pre/postnatal programs and Doula services.

Yoga Pranayam Centre

348 Danforth Ave., Suite 211

Tel: 416.691.7337

yogapranayamcentre.com

Classes seek *"to return [the student to his or her] own inner strength, that inexhaustible source of knowledge, peace and inspiration"* (Yogi Amrit Desai).

Halcyon Health

677 Dupont Street

www.halcyonhealth.ca

Contact individual practitioners

Current services provided are Massage Therapy, Osteopathy, Yoga Therapy, Psychotherapy, yoga classes and wellness workshops.

The Yoga Sanctuary

2 College Street, Suite 306

Tel: 416.928.3236

95 Danforth Avenue, Suite 301

Tel: 416.461.6161

www.theyogasanctuary.net

Classes in Ashtanga, Hatha, Restorative, Yin Yoga and Vinyasa.

The Studio for Movement

1382 Bathurst Street

Tel: 416.652.0524

thestudioformovement.com

Offers small and personal classes in Yoga, Pilates, Bellydance, Alexander Technique and Tai Chi in a warm, friendly and supportive environment.

The Octopus Garden

967 College Street, Toronto, ON M6H 1A6

Tel: 416.515. 8885

www.octopusgardenyoga.com

Group yoga, private yoga sessions and workshops

889 Yoga Studio and Wellness Spa

889 Yonge St., Toronto

Tel: 416-925-7206

889yoga.com

Restorative class

Iam Yoga

680 Yonge St, Toronto

Tel: 416-920-9642

lamyoga.ca

Yoga, hot yoga, meditation

Goodlife Fitness

Various locations

goodlifefitness.com

Yoga classes and yogafit

Body to Bliss Yoga Studio

5451 Highway 7 (at Martin Grove), Suite 203

Tel: 905.265.2400

<http://www.bodytblissyoga.com>

Restorative class

Online Resources

Center for Mindfulness at University of Massachusetts Medical School:

<http://www.umassmed.edu/cfm>

UCLA Semel Institute Mindful Awareness Research Centre:

<http://marc.ucla.edu/body.cfm?id=22> or <http://marc.ucla.edu>

Free guided meditations

UCSD - Meditation/Body Scan resources - guided meditations:

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

Sharon Salzberg

www.sharonsalzberg.com

Offers books and tapes as well as some basic teachings on the website

ePhysicianHealth

www.ephysicianhealth.com

Press enter and then the forward arrow key which takes you to the "**Program Menu**". Select "**Resilience**". Once on the "**Resilience**" page, select the arrow key twice. You will see a menu bar including the titles: The Focus- The Reality-The Strategies etc... Select "**Resources**". On the **Resources** page there is a 5 minute "Mindfulness Relaxation exercise", a 10 minute and 15 minute one. The 5 minute mindfulness exercise is essentially a Mindful Breathing practice.

Jack Kornfield

www.jackkornfield.org/

Offers free meditation downloads

Sounds True

<http://shop.soundstrue.com>

Offers various tools & teachings to spark your inner evolution

Poodwaddle Health

<http://www.poodwaddle.com/meditation.htm>

Online meditation clock which is customizable to specific times and musical accompaniment

The Mindfulness Solution

<http://mindfulness-solution.com/>

Everyday Practices for Everyday Problems, meditations

Apple Meditation Apps

<http://itunes.apple.com/us/genre/ios/id36?mt=8>

Search through a large variety of applications for meditation. Once on the site click health and fitness. Click "M" to find listings in the M category. Scroll through until you find a list of meditation applications.

The Mindful Way Through Anxiety

<http://www.mindfulwaythroughanxietybook.com>

Mindfulness Exercises

Meditation Oasis

<http://www.meditationoasis.com/podcast/listen-to-podcast/>

Podcast Downloads for Guided Meditations, guidelines on how to meditate

Mind & Life Institute:

<http://www.mindandlife.org/>

Supplying the most profound insights of diverse contemplative traditions, along with the science that affirms them

Mindsight Institute:

<https://www.mindsightinstitute.com/>

Dr Dan Siegel - interpersonal neurobiology is an interdisciplinary field seeking to understand the mind and mental health - focus is on the way the brain develops and is shaped by interpersonal relationships

The Inner Kids Program:

<http://www.susankaisergreenland.com/inner-kids.html>

The goal of the program is to give parents and professionals the theory and practice needed to teach mindfulness and awareness in a way that is consistent with modern science, psychology, educational pedagogy and classical contemplative training.

eMindful:

<http://www.emindful.com/>

Address the root cause of chronic health conditions

Elisha Goldstein:

<http://elishagoldstein.com/>

We have the power to transform our traumas and habitual patterns that keep us stuck in perpetual cycles of stress, anxiety, depression or addiction, and step into greater freedom and peace.

A Mindfulness-Based Stress Reduction Workbook:

<http://mbsrworkbook.com/>

Adaptation of Jon Kabat-Zinn's program into workbook format

The Meditation Podcast

www.themeditationpodcast.com/

Free meditation podcast using binaural beats that affect the brain waves to induce relaxation.

The Science of Mindfulness by Cynthia MacDonald

<http://www.magazine.utoronto.ca/feature/the-science-of-mindfulness-meditation-steven-selchen-ana-bodnar-mihnea-moldoveanu-michele-chaban-cynthia-macdonald/>

Free Music Of All Kinds

http://songza.com/discover/genres/nature_sounds_and_soundscapes/

The Daily Love

thedailylove.com

Sign up to receive a free daily e-multivitamin for your soul

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<http://cognitivetoronto.com>

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Headspace

<https://www.headspace.com>

10-minute online meditation and mindfulness exercises.

The Insight Timer

<https://insighttimer.com/>

Online guided meditations.

Mindfulness-Based Programs

Mindfulness-Based Stress Reduction (MBSR) programs abound throughout Canada as well as internationally. If you're interested in joining a program near you, check out the regional and international directory at the University of Massachusetts Medical School's web site:

www.umassmed.edu/cfm/mbsr

Mindfulness-Based Cognitive Therapy (MBCT) programs to prevent depressive relapse are available in many major cities in Canada. There is no current directory, so type it into your favourite search engine along with your city, and see what comes up.

A) BOOKS on MINDFULNESS and STRESS REDUCTION:

The Miracle of Mindfulness: A Manual on Meditation, by Thich Nhat Hanh. Beacon Press, 1999.

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness, by Jon Kabat-Zinn. Hyperion, 2005.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, by Jon Kabat-Zinn. Delta, 1990.

Wherever You Go, There You Are: A Mindfulness Meditation in Everyday Life, by Jon Kabat-Zinn. Hyperion, 1994.

Everyday Blessings: The Inner Work of Mindful Parenting, by Jon and Myla Kabat-Zinn. Hyperion, 1997.

A Path with Heart, by Jack Kornfield. Bantam, 1993.

Breath by Breath: The Liberating Practice of Insight Meditation, by Larry Rosenberg (with David Guy). Shambhala, 1998.

The Mindful Brain: Reflections and Attunement in the Cultivation of Well-Being, by Dan Siegel. Norton, 2007.

The Meditation Year: A Seasonal Guide to Contemplation, Relaxation, and Visualization, by Jane Hope. Storey Books, 2001.

Inner Simplicity: 100 Ways to Regain Peace and Nourish Your Soul, by Elaine St. James. Hyperion, 1995.

Mindful Moments for Stressful Days: Simple Ways to Find Meaning and Joy in Daily Life, by Tzivia Gover. Storey Books, 2002.

When Things Fall Apart: Heart Advice for Difficult Times, by Pema Chodron. Shambhala Classics, 2000.

Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion, by Pema Chodron. Shambhala Classics, 2003.

B) MINDFULNESS PRACTICES FOR SPECIFIC DIFFICULTIES:

Anger

Freeing the Angry Mind: How Men Can Use Mindfulness and Reason to Save Their Lives and Relationships, by C.P. Bankart. Oakland, CA: New Harbinger Press, 2006.

ACT on Life Not on Anger: The New Acceptance and Commitment Therapy Guide to Problem Anger, by G. Eifert, M. McKay, and J. Forsyth. Oakland, CA: New Harbinger Press, 2006.

Anxiety

Calming Your anxious Mind, by J. Brantley. Oakland CA: New Harbinger Press, 2003.

The Mindfulness and Acceptance Workbook for Anxiety, by J. Forsyth and G. Eifert. Oakland, CA: New Harbinger Press, 2007.

The Worry Trap, by C. Lejeune. Oakland, CA: New Harbinger Press, 2007.

Depression

The Zen Path Through Depression, by J. Martin. New York: Harper Collins, 1999.

Peaceful Mind: Using Mindfulness and Cognitive Behavioral Psychology to Overcome Depression, by J. McQuaid and P. Carmona. Oakland, CA: New Harbinger Press, 2004.

The Mindful Way Through Depression, M. Williams, J. Teasdale, Z. Segal, and J. Kabat-Zinn. New York: Guilford Press, 2007.

10 Days to Self Esteem: The Leader's Manual, Dr David Burns, MD. Harper Collins, 2013.

Retreat Centres outside of Toronto that MAY offer Meditation Retreats

- **Ontario Vipassana Center – Dhamma Torana**
6486 Simcoe County Road 56, Egbert, Ontario
Tel: 416-342-6229
Website: www.torana.dhamma.org
Retreat centre outside Alliston offering courses in Vipassana Meditation as taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin, by donation, 10 day retreats.
- **Dharma Centre**
1886 Galway Road, Kinmount, Ontario
Tel: (705) 488-2704
Website: <http://www.dharmacentre.org/>
Very eclectic: from mindfulness meditation to Tibetan to Western wisdom traditions, shamanism, etc. It is possible to have personal retreats as well as joining a group retreat.

- **Grail Springs Retreat Centre**
 2004 Bay Lake Road,
 Bancroft, Ontario
 CANADA K0L 1C0
 877-553-5772
<http://www.grailsprings.com/contact-grail->
- **Harmony Dawn Retreat Centre**
 Located 1/2 hour north of Cobourg on the shores of Rice Lake
 Tel: (705) 696-2066
 Website: <http://www.harmonydawnontarioretreat.com>
 Offers a variety of in-house workshops that focus on integrating and balancing your
 “internal and external environments”
- **London Dharma Retreats**
 149 Rosslyn Avenue South, Hamilton, ON
 Website: <http://www.dharmaretreats.ca>
 Tel: 905-545-7302
 Silent Meditation Retreats
- **Lotus Heart Retreat Centre**
 448 Old Wooler Rd, Brighton ON
 tel (613) 475-2100, toll free 1-855-475-2100
info@lotusheartcentre.ca
www.lotusheartcentre.ca
 Member of the Hridaya-Yoga family of Meditation Centres opening in various
 countries around the world. Yoga and meditation classes offered on a weekly
 basis to guests. Lectures and retreats will also be held on a frequent basis.
- **Sugar Ridge Retreat**
 5790 Forgets Road Wyebridge, ON
 Tel: 1-866-609-1793
 Website: www.sugarridge.ca
 On a monthly basis Sugar Ridge offers a wide variety of retreats and workshops.
 Retreat topics vary and may include wellness retreats, yoga, meditation, intuitive art,
 yoga, etc.
- **The Living Centre**
 5871 Bells Rd., London, ON, N6P-1P3
 Tel: 519-652-9109 or 519-652-0230
 Website: <http://www.thelivingcentre.com>
 Offering multiple groups for health and self growth and may offer meditation groups

Yoga Centres/Retreats outside the city

Saha Yoga -- Prince Edward County (Demorestville) -- www.sahayoga.com

Hockley Valley -- - www.ecologyretreatcentre.com/retreatcentre.htm

Stevenson's Farm -- Alliston -- www.stevensonfarms.net

Swallow's Bridge -- Alton -- www.swallowsbridge.com

Blue Cliff Monastery -- Hudson Valley (New York) -- <http://bluecliffmonastery.org/>

Good Resource Books:

- *The Mindfulness Solution* -- Ronald Siegel -- 7 Pages of resources at back of book
- *The Mindful Way through Depression* -- Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn
- *The Now Effect* -- Elisha Goldstein - also on Youtube
- *Mindsight* -- Daniel Siegel
- *The Meditation Year* - Jane Hope
- *Making Choices - A Consumer/Survivor's Guide to Adult Mental Health Services and Support in Metro Toronto* - www.crct.org/elibrary

More Authors

- Pema Chodron
- Thich Nhat Hahn
- Joseph Goldstein
- Ruth Baer
- Larry Rosenberg