

## **A Very Incomplete List of Meditation Resources in the Portland area**

Most of these are Buddhist. One is Catholic. Please forgive the obvious imbalance of resources offered and any information that is not up to date.

Portland Insight Meditation Center:

6536 SE Duke St.

503-771-4123

Shambhala meditation Center

1110 SE 11th Ave

503-231-4971

Dharma Rain Zen Center

2514 SE Madison

503-239-4846

Portland Friends of the Dhamma

[pdxdhamma.org](http://pdxdhamma.org)

Maitripa College

(they have public teachings and classes as well as degree programs)

1119 SE Market St (between 11th & 12th)

503-235-2477

The Grotto

8840 NE Skidmore St (near airport)

503-254-7371