

## **Meditation Retreats**

Mary & Joseph Retreat Center  
Religious and also private retreats  
Palos Verdes  
40 minutes from LB  
[www.maryjoseph.org](http://www.maryjoseph.org)

Deerpark Monastery  
In the tradition of Vietnamese Theravada tradition of Thich Nhat Hanh  
Weekend, 7-day, and longer retreats  
Escondido, CA – about 2 hours from LB  
[www.deerparkmonastery.org](http://www.deerparkmonastery.org)

California Vipassana Center  
Vipassana Meditation as taught by S.N. Goenka  
In Joshua Tree (2.5 hours) and also near Yosemite (North Fork)  
10-day and other retreats  
[www.mahavana.dhamma.org](http://www.mahavana.dhamma.org)

Zen Mountain Center  
Japanese Zen tradition  
2.5 hours from LB, Between Palm Desert and Idyllwild  
3-day, 7-day retreats  
[www.yokoji.org](http://www.yokoji.org)

La Casa de Maria  
Private retreats  
Santa Barbara, 2.5 hours  
[www.lacasademaria.org](http://www.lacasademaria.org)

Esalen Institute  
Body, Mind, Spiritual, Yoga  
Weekend and 7-day workshops and individual retreats  
Big Sur  
[www.esalen.org](http://www.esalen.org)

Spirit Rock Meditation Center  
Insight/Vipassana  
3, 5, 6-day and longer retreats  
Near San Rafael in Marin County  
[www.spiritrock.org](http://www.spiritrock.org)