

## **Meditation Groups in Northeast Ohio**

### **Cleveland Buddhist Temple**

1573 E 214th St  
Cleveland, OH 44117  
(216) 692-1509  
<http://samsara.law.cwru.edu/~cbt/>

The Zen Shin Sangha is a group that practices the Buddha Dharma through meditation, chanting, and discussion under the guidance of senior students of Sensei Ogui.

Training for beginners is held on Tuesdays from 7:00 to 9:00 PM and includes two twelve minute periods of sitting meditation, walking meditation, chanting, and listening to a Dharma talk. The Wednesday classes, also from 7:00 to 9:00 PM, follow the same format and include more lengthy sittings and more extensive chanting. Instruction on the basics of meditation practice are given on Tuesdays; on Wednesdays it is assumed that the participants have already received such training.

Most Sunday mornings there will be a period of sitting meditation practice at 10:00 AM that will last for at least twenty minutes. On Sundays when no other service or activity is scheduled, the practice will include chanting meditation, two periods of sitting meditation, and walking meditation. All are invited to come to these Sunday morning sittings. Newcomers to sitting practice are encouraged to come at least ten minutes early in order to receive instruction about the practice.

### **Cleveland Shambhala Meditation Group**

Contact: Fred Schwieg at [fschwieg@cox.net](mailto:fschwieg@cox.net)  
<http://cleveland.shambhala.org/>

The Cleveland Shambhala Meditation Group is affiliated with Shambhala International, a group of meditation centers founded by Tibetan Buddhist meditation master Chögyam Trungpa, Rinpoche. They offer meditation instruction by authorized senior students, practice and study, contemplative arts programs, and an open and friendly community engaged in the life long process of discovering who we are.

The Cleveland Shambhala Meditation Group meets regularly for meditation practice and classes on Tuesday evenings at 7 PM. at the Bratenahl Community Center, 10300 Brighton Drive, off of Lakeshore Blvd. The center is just a few minutes from downtown Cleveland.

The Akron branch of the Cleveland Shambhala Meditation Group meets Thursday evenings at 7:00PM. Meetings are held at the Episcopal Church of Our Savior, 471 Crosby Street, Akron.

### **Cleveland Zazen Group**

Contact: Susan and Larry Rakow at [susanrakow@earthlink.net](mailto:susanrakow@earthlink.net)  
1824 Wilton Road  
Cleveland Heights, OH 44118  
216-932-3084

The Cleveland Zazen Group, a local affiliate of the Rochester (NY) Zen Center that was founded by Roshi Philip Kapleau, practices a combination of Rinzai and Soto zen meditation. They meet in Cleveland Heights each Tuesday evening from 7:30 to 8:30pm and one Sunday each month from 9:00 to 11:00am followed by a vegetarian brunch.

**CloudWater Zendo**

Contact: Ven. Shih Ying-Fa at [yingfa@cloudwater.org](mailto:yingfa@cloudwater.org)  
14436 Puritas Ave.  
Cleveland, OH 44135  
216-476-7941  
web site: <http://www.cloudwater.org>

CloudWater Zendo offers instruction in Ch'an meditation and Pure Land practice. Ch'an is the Chinese precursor of the Zen tradition; it is a meditation-centered wisdom practice which allows one to realize one's True Nature. Pure Land practice emphasizes compassion, utilizing both devotional and meditative techniques to help us become one with boundless Compassion and Wisdom.

Schedule: Intro to Meditation on Mondays at 7 p.m.; group meditation on Tuesdays at 7 p.m. and Sundays at 9 a.m.; traditional chanting on Sundays at 8 a.m. Pure Land devotional services are held monthly and meditative intensives are held regularly.

**Affiliated CloudWater Sanghas in Northeast Ohio:****Dhyana Sangha (Akron)**

Temporarily located at The Clubhouse on Wedgewood in Copley  
Soon to be located at the Fairlawn Unitarian Universalist Fellowship  
Contact: Martha Hall at [Mtjlhouse@aol.com](mailto:Mtjlhouse@aol.com)  
Meditation every Thursday: instruction for beginners at 6:30p.m., group meditation at 7 p.m.

**Prajna Sangha (Canton)**

St. Paul's Episcopal Church, 425 Cleveland Ave. SW.  
Contact: Jan Carli at [jcarli@neo.rr.com](mailto:jcarli@neo.rr.com)  
Meditation on alternate Mondays. Instruction for beginners at 6:30p.m., group meditation at 7 p.m.

**Karuna Sangha (Wooster)**

Unitarian Universalist Fellowship of Wayne County, 344 N. Columbus  
Contact: Kurt Knebusch at [knebusch.1@osu.edu](mailto:knebusch.1@osu.edu)  
Meditation Schedule: Alternate Mondays. Instruction for beginners at 6:30p.m., group meditation at 7 p.m.

**Evolution Yoga**

3737 Park East Dr.  
Beachwood, OH 44122  
216-595-YOGA (9642)  
[www.EvolutionYogaStudio.com](http://www.EvolutionYogaStudio.com)

Secular community meditation is offered on Tuesday nights from 6:45 to 7:15 pm. Learn basic sitting meditation techniques that relax and synchronize your mind, body, and spirit. All are welcome. Free for members or \$7 drop-in fee.

### **Insight Meditation of Cleveland**

Contacts: see below

First Unitarian Church of Cleveland

21600 Shaker Blvd

Shaker Hts., OH

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

Practice is mindfulness meditation, including concentration and insight meditation.

Meet Tuesday @ 7:15 pm (novice practitioners) – Contact Paul Gellman at 216-691-0711.

Meet Thursday @ 7:30 pm (experienced practitioners) – Contact John Cunningham at 330-995-6551 or [jcr@rovisys.com](mailto:jcr@rovisys.com).

### **Jewel Heart of Cleveland (in historic Tremont)**

2670 W. 14th St.

Cleveland, OH 44113

216-687-1617

[cleveland@jewelheart.org](mailto:cleveland@jewelheart.org)

<http://jewelheart.org/>

Practices in the Tibetan Buddhist tradition

### **Jijuyu-ji Zen Sangha of Cleveland** (formerly Cleveland Zen Group)

Contact: Dean Williams at [dmwilliams@repwest.com](mailto:dmwilliams@repwest.com)

Cleveland Buddhist Temple

1573 E 214th St

Cleveland, OH 44117

Weekly meditation practice in the Soto Zen tradition.

### **Mosaics Integrated Health**

Contacts: Linda Gould, MA, LPC or Nancy Rubel, PhD, LCC  
(216) 524-7772 (press 1, then 28 for Linda or 30 for Nancy).

Mosaics Integrated Health offers a monthly meditation group for all levels of practice. Though diversified in offering techniques from a variety of traditions, the core of the experience is the mindfulness meditation form. The group is secular in nature. The time is split between discussion and silent practice, all in a warm and supportive setting designed to help you develop or deepen your practice. The group meets on Saturdays in Pepper Pike. For additional information, please call Linda or Nancy.

### **Namaste Yoga Studio**

Contact: Jennie McMullen at [Jennie@PeacefulWarriorYoga.com](mailto:Jennie@PeacefulWarriorYoga.com) or (216) 939-9117

4183 Streetsboro (at the corner of Rt. 21 & Rt. 303)

Richfield, OH (20 minutes from downtown Cleveland or downtown Akron)

Secular community meditation is offered every Wednesday night from 6-6:30pm. Learn basic sitting meditation techniques that relax and synchronize your mind, body, and spirit. Meditation can be done by anyone as it is not goal oriented and is not strenuous on the body. \$5 or sliding scale. All are welcome.

### **Northeast Ohio Zen Group**

Contacts: Jennie McMullen at [Jennie@PeacefulWarriorYoga.com](mailto:Jennie@PeacefulWarriorYoga.com) or (216) 939-9117  
Nancy Wolf at [BuddhaGirl54@hotmail.com](mailto:BuddhaGirl54@hotmail.com) or (330) 329-7950

Namaste Yoga Studio

4183 Streetsboro (at the corner of Rt. 21 & Rt. 303)

Richfield, OH (20 minutes from downtown Cleveland or downtown Akron)

<http://groups.yahoo.com/group/NEOSotoZenGroup/>

The Northeast Ohio (NEO) Soto Zen Group practices in the Soto Zen tradition. The group's Teacher is Reb Anderson, Tenshin Roshi from the San Francisco Zen Center. They meet weekly for sitting (zazen) and walking (kinhin) meditation practice on Sundays from 5:30 – 7:00 pm. The Sunday format is two 30-minute periods of sitting meditation with a 10-minute walking meditation in between, with time to socialize following. All are welcome and meditation instruction is available.

### **Palyul Changchub Dargyeling Ohio**

Tibetan Buddhist Center in the Nyingma tradition

Contact: Gonpo Tashi, resident monk at [info@palyulohio.org](mailto:info@palyulohio.org)

440-247-9438

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

Beginning Buddhist meditation and vajrayana practice course currently offered at the Quaker Meeting House, University Circle on Weds. evenings starting at 7pm.

### **Siddha Yoga Meditation Ctr**

4239 Ridge Rd.

Cleveland, OH 44144

(216) 398-4044

### **Still Water Sangha - a West Side Thich Nhat Hahn group**

Mondays 8:00 PM

Contact: Christine Lee/Ian Heisey (216) 651-1693

Meet at W.38th Street (at 1st stop sign south of Lorain Rd.) at the "RUTH" Apt. Bldg.(on west side of street) Apt.#3(2nd floor) in Cleveland.

Saturday 8:45 AM

Contact: Marianna & Joe Seeholzer at (216) 631-6819 or [jecseeholzer@yahoo.com](mailto:jecseeholzer@yahoo.com)

Meet at 1286 W. 105 Street (between Clifton Blvd. & Baltic Ave.) in Cleveland.

### **Transcendental Meditation**

19474 Center Ridge Rd.

Cleveland, OH 44116

(440) 333-6700

### **Transcendental Meditation Program**

217 15th St. NW

Canton, OH 44703

(330) 456-0111