

# Meditation, Tai Chi & Stress Reduction Resources

## **Monday**

Saint Vincent De Paul Wellness Center 1175 Howard Street

Mondays 9:15am-10:15am iRest Meditation

Harm Reduction Meditation Groups/Sittings with Rev. Jana Drakka

All meetings are open to the public unless otherwise noted. [www.janadrakka.com](http://www.janadrakka.com)

Every Monday night 6:30pm-7:30 pm. Sitting and walking meditation open to all held in room 201 at Glide Church 330 Ellis Street @ Taylor. An ongoing meditation-of-all-styles group with a sitting followed by a talk and discussion. A warm, friendly group open to everyone.

Meditation: San Francisco ZEN CENTER Meditation in Recovery

Every Monday 7:30-9:00PM 300 Page Street @ Laguna Free- donations accepted

Buddhist Mindfulness Meditation- FREE Every Monday 5:30-6:30PM

SF LGBT Community Center 1800 Market Street @ Octavia

Glide Memorial Church- (w/ Jana Drakka [www.janadrakka.com/](http://www.janadrakka.com/) SPARC), 330 Ellis St (@ Taylor), Room 201  
Mon 6:30- 8:00 PM

Group Meditation (w/ harm reduction focus), Free

## **Tuesday**

San Francisco AIDS Foundation- 1035 Market st, Conf Room 3D Tuesday, 1:00- 2:00 PM Meditation for Stress Reduction and Wellbeing, Free. Black Health Center of Excellence with Lawrence Lowrey

Harm Reduction Meditation Groups/Sittings with Rev. Jana Drakka All meetings are open to the public unless otherwise noted. Tuesdays - The Garden Group - 1:30-2:30pm at \*Langton Garden 10 Langton Garden, Howard Street between 7th and 8th . An ongoing meditation-of-all-styles group with a sitting followed by a talk and discussion. A warm, friendly group open to everyone.

Q-Sangha at MCCSF! Every Tuesday 7-9pm - MCC, 150 Eureka/18th

Every Tuesday, 7-9 p.m. Join us at Q-Sangha, a queer meditation community in the Buddhist tradition featuring instruction, practice, and supportive community (to be followed by tea and fellowship). Facilitated by Rev. Jana Drakka.

\*Suggested donation of \$10 BUT no one will be turned away for lack of funds.

Meditation a Go-Go, Introduction to Meditation- FREE

Every Tuesday 7:15PM SF LGBT Community Center 1800 Market Street @ Octavia

Insight Breath Meditation Every Tuesday 7:30-9:00PM Free, donations accepted

Mission Dharma 1661 15th street @ Julian between Valencia and Mission

San Francisco General Hospital's (SFGH) Community Wellness Program

(415) 206-4995 works to promote and encourage wellness practices for patients, staff, and all San Franciscans. We support a holistic view of health in which physical, emotional, mental, social, and spiritual health are considered interconnected and essential in achieving improved health and wellness. Wellness classes are designed to accommodate patients and staff at all levels of physical abilities and/or limitations. Most of our wellness class instructors are bilingual (English/Spanish), and one is bilingual

Tai Chi in English Class

Tuesdays 6:00 pm - 7:00 pm Where: Cafeteria (2C) Room 3

Class Description: Asain Energy Arts: Tai Chi Chuan and Chi Gong "reduce Stress and Improve your balance"

Diabetics: Lower your blood sugar and reduce your stress

SVDP Ozanam Wellness Center Cultivating Mindful Awareness

Helping you understand, manage and change your thoughts or thinking as a first step in changing patterns of behavior and feelings. If you change the way you think, you will begin to feel and behave better.

Thoughts \* Feelings \* Actions \* Habits \* Character \* Destiny

Sessions will be held on the first and third Tuesdays of the month from 10:30 am. to 11:30 am.

1175 Howard Street For more information contact us at 415-552-5561.

**Wednesday**

TAI CHI 4 FREE Every Monday & Wednesday 10-11AM Glide Foundation, Taylor and Ellis 5<sup>th</sup> floor

Finding ones true center energy can be useful in so many ways. It can be integrated into thought processes, balance, and discovering new ways to live the yin and the yang . Taught by a man who had severe back problems for over 20 years of his life is proof that it works! It is (for now) a very intimate group and would be perfect for anyone to at least try it out!

LGBT Meditation and Mindfulness Group at the LGBT Center Every Wednesday 7pm – 8pm | FREE|LGBT Center 1800 Market Street The class will consist of a brief explanation of meditation, the review and practice of a specific technique and discussion about mindfulness and mysticism. New topics will be discussed each week.

Wellness Wednesday: Harm Reduction Lounge with massage, acupuncture, counseling and individual stress reduction sessions.

A harm reduction and wellness lounge with for gay, bi and heteroflexible men.

Acupuncture AND massage every week. Rapid HIV testing and Hepatitis C testing by Magnet sexual health experts (who are also available for conversation about sexual health, STDs, sex/sexuality). Stonewall counselor extraordinaire Kevin Mosley is available to chat for guys who could use an ear or are interested in the Stonewall Counseling program. Everett Holden is available for one on one conversation about stress reduction and to share guided meditations and breathing techniques. Come by between 5 and 8 and treat yourself to a little TLC: stress reduction, socializing, relaxation, good music, good snacks, and good company. This chill out spot is hosted by very fabulous volunteers. Needle exchange always available. [www.tpsf.com](http://www.tpsf.com) Come High, come low, come sober, come as you are. ☺

Every Wednesday 5PM-8PM 117 6th St. @ Mission (door on the left)

**Thursday**

Saint Vincent De Paul Wellness Center 1175 Howard Street Thursdays 9:15-10:15 Stress Reduction

Thursdays 10:30-11:30 Tai Chi

Harm Reduction Meditation Groups/Sittings with Rev. Jana Drakka [www.jannadrakka.com](http://www.jannadrakka.com) Thursdays - Garden

Group in Langton Gardens. 12-1:00pm Langton Garden 10 Langton Garden, Howard Street between 7th and 8th . An ongoing meditation-of-all-styles group with a sitting followed by a talk and discussion. A warm, friendly group open to everyone.

Quan Yin- 965 Mission St (bet 5<sup>th</sup> & 6<sup>th</sup> St), Suite 405 415-861-4964 Thurs 4:00- 5:00 PM Healing Meditation Hour

**Friday**

Hartford St. Zen Center- 57 Hartford St (@ 17<sup>th</sup> St in the Castro) # 415-595-0328

Fri 7:30-9:00 PM Meditations in Recovery, Donations accepted.

**Saturday**

**Sunday**

Street Zendo Meditation Center- 234 Hyde St, # 415-474-0508

Daily, call for schedule Meditation Practice, Free