

## **Some Buddhist Meditation Groups with regular open sittings in Rhode Island**

compiled by Shana Lieberman Klinger, September 2019

(This is an incomplete list based on my personal experience and contacts)

RI Community of Mindfulness led by Joanne Friday with multiple sitting groups throughout RI:

<https://joannefriday.com/> or <http://www.mindfulnessri.org/>

Providence Zen Center in Cumberland:

<https://providencezen.org/>

Foundation for Active Compassion group in Providence:

<https://foundationforactivecompassion.com/meditation-groups/providence/>

Insight Meditation Community of Providence meets in Pawtucket:

<https://www.insightprovidence.org/>

Benevolent Zen Sangha meets in Providence:

<https://benevolentzen.org/>

Shambhala Meditation RI meets in Middletown and Providence:

<https://providence.shambhala.org/the-view/>

[shana.l.klinger@gmail.com](mailto:shana.l.klinger@gmail.com) ~ [heartmindspace.com](http://heartmindspace.com)