The Mind Spa
OSU students, faculty and staff only
Location: Counseling and Psychological Services
Oregon State University
500 Snell Hall
Corvallis, OR 97331
Hours: Monday: 10 am – 4:30 pm
Tuesday through Friday: 8 am – 4:30 pm
Contact: 541-737-2131
Website: http://oregonstate.edu/counsel/mind-spa

Mindfulness Meditation
OSU students, faculty and staff only
Location: Counseling and Psychological Services
Oregon State University
500 Snell Hall
Corvallis, OR 97331
Contact: Jim Gouveia: 541-737-2131
Jim.gouveia@oregonstate.edu

Seven Thunders
Location: Corvallis Multicultural
Literacy Center (CMLC)
128 SW 9th St.
Corvallis
Contacts: Jane Huyer: 541-752-6597
ahuyer@comcast.net
Glenna Pittock: 541-752-6139
gpittock@yahoo.com
Meetings: Monday: 7:00 to 8:30 p.m.
Website: http://www.seventhunders.org/

Five Stones Sangha
Contact: Ken: 541-760-9760 or 541- 738-2528
peacefulstep@gmail.com
Meetings: Monday: 5:30 PM
Website: http://sites.google.com/site/fivestonessanghacorvallis/

Corvallis Zen Circle
Location: 111 Northwest 2nd Street
Corvallis, OR 97330
Contact: Abby: 541-754-4124
Website: http://corvalliszencircle.com

Corvallis Meditation Community
Location: Friends Meeting House
3311 NW Polk St.
Corvallis.
Contact: Carolyn Schechtman: 971-218-6798
rasallia2@yahoo.com
Meetings: Tuesday: 5:30 – 6:30 pm
Stress Management/Meditation Class
Many other Workshops and Classes offered
throughout Benton County, visit the website!
Schechtman?sk=info

Meditation Retreats
Please Visit: www.dhamma.org
www.or.us.dhamma.org

Online Resources
Please Visit: 1) http://www.insightmeditationcenter.org/
books-articles/meditation-instruction/
2) http://tinybuddha.com/
3) greatergood.berkeley.edu
4) http://www.pathstohappiness.org/

This publication will be made available in an
accessible format upon request: please contact
Mattea Godsey by calling 541-737-2131.

CAPS and the Mind Spa do not endorse any community referrals/resources and encourage
individuals to make their own assessment on personal fit.