

# Mindfulness Meditation in Corvallis

## 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>

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500 Snell Hall  
Corvallis, OR 97331

**Contact:** Jim Gouveia: 541-737-2131  
[Jim.gouveia@oregonstate.edu](mailto: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](mailto:ahuyer@comcast.net)

Glenna Pittock: 541-752-6139  
[gpittock@yahoo.com](mailto: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](mailto: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  
[rasalila2@yahoo.com](mailto:rasalila2@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!

**Websites:** 1) <https://sites.google.com/site/carolynschechtman/home>  
2) <https://www.facebook.com/Corvallis.Meditation.Community.Carolyn.Schechtman?sk=info>

## Meditation Retreats

**Please Visit:** [www.dhamma.org](http://www.dhamma.org)  
[www.or.us.dhamma.org](http://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](http://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.