

This list is intended to help Asian practitioners connect with Asian meditation teachers. We are fortunate to have many wonderful teachers who share their wisdom, knowledge, and heartfelt care. May we also honor all those who have kept the tradition alive, supported us, and provided spaces for practice.

Asian Meditation Teachers

Name	Center *	Website
Ana Verzone		https://anaverzone.com/
Dawn Maruicio	Spirit Rock Meditation Center	https://dawnmauricio.com/
Gullu Singh	InsightLA	https://gullusingh.com/
Imee Contretas	Founder of Mindfulness Asia	https://www.imeecontreras.com/
inabel Bee Deborah		
Uytiepo	Watsonville Insight Center, Watsonville, CA	https://www.healingisgiving.com/
Jessy Zapanta	East Bay Meditation Center	
La Sarmineto		https://www.lasarmiento.com/
Lienchi Tran	InsightLA	https://lienchitran.org/
Lin Wang Gordon	New York Insight Meditation Center	https://linwanggordon.com/
Lydia Ridgway	IMC, Redwood City, CA	https://www.audiodharma.org/speakers/491
Noriko Morita Harth	Insight San Diego, Ca	https://mindfulheartcenter.com/profile/
Rev. Lien Shutt	Access2Zen	https://accesstozen.org/
Sarwang Parikh	East Bay Meditation Center	https://dharmahomies.com/
Stardust	Insight Meditation Center, WA	https://www.asayameditation.com/
Tamara Liu	Watsonville Insight Center, Watsonville, CA	
Tiffany Wong	Watsonville Insight Center, Watsonville, CA	
Tim Hwang	Pragmatic Dharma Sangha	https://www.timhwang.co/
Yanli Wang	IMC, Redwood City, CA	https://www.audiodharma.org/speakers/465
Yenkuei Chuang	Insight Dialogue	https://www.yenkuei.org/about-1
Ying Chen	IMC, Redwood City, CA	https://www.audiodharma.org/speakers/333
Yong Oh	Durango Dharma Center, CO	https://yongoh.com/

Feel free to contact me if you need any changes made to this list. Hopefully, this list will continue to grow.

With gratitude to everyone who welcomed being added to this list.

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* Many of the teachers teach at different centers in the US. Please see their website for their schedule.