**Retreat Centers**

* [Insight Meditation Society and the Barre Center for Buddhist Studies](http://www.dharma.org/) A nonprofit organization providing a place for the intensive practice of insight meditation.
* [Spirit Rock Meditation Center](http://www.spiritrock.org/) A center dedicated to the teachings of the Buddha as presented in the vipassana tradition
* [Rocky Mountain Ecodharma Retreat Center](https://www.rockymountainecodharmaretreatcenter.org/) Rocky Mountain Ecodharma Retreat Center is our local, low cost retreat center, where many IMCC teachers and others offer retreats. In the mountains about half an hour from Boulder, it includes 180 acres of meadow and forest, with amazing views of Indian Peaks.