

Kim Allen has been practicing Insight meditation since 2003 with primary teacher Gil Fronsdal. She has practiced in Sri Lanka, spent more than two years in silent retreat, and lived for two years at the Insight Retreat Center. She has also trained in Zen and Tibetan practices. She is dedicated to living a life of deep Dharma practice in the West.

Kim leads a group in Los Gatos and has taught at many Bay Area centers, including classes for dedicated students and study of the suttas. She has taught weekend retreats in Santa Cruz, Southern California, and Canada. She also works in organizational development and environmental sustainability, supported by a background in the sciences, comparative thought, and movement disciplines.