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By Peter Menkin

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Spirit Rock is not a New Age Center per se Located in San Francisco s Bay Area Marin County s Woodacre Spirit Rock is home to Buddhists They are not Zen Buddhists as they emphasized They are Theravada as is one of their founding members the teacher and popular writer Jack Kornfield Where it is located Marin County many find Spirit Rock a refreshing and spiritual place to visit and take for a retreat Marin County and in specific Southern Marin is

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