

## Cold Mountain Zen Center - Fairbanks

Alaska Near Fairbanks

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*Alaska Near Fairbanks*

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### Discovering Cold Mountain Zen Center in Fairbanks, Alaska

Cold Mountain Zen Center may appear as an unassuming old cabin from the outside, but stepping inside reveals a **\*\*cozy and welcoming atmosphere\*\*** that makes it a unique oasis for mindfulness and meditation. Here, visitors can experience the peacefulness of Zen practice amidst the beautiful surroundings of Alaska.

### Accessibility Features

One of the notable aspects of Cold Mountain Zen Center is its commitment to

**\*\*accessibility\*\***. For those who may need it, the center offers a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy the tranquil environment without barriers. This makes it easier for individuals with mobility challenges to partake in the spiritual journey offered at the center.

### **A Warm Welcome Awaits**

Upon entering the center, visitors are greeted with a noticeable atmosphere of tranquility. The faint aroma of mild incense fills the air, creating a sense of calm right from the start. An Arctic entrance awaits newcomers, complete with a space to wipe your feet, reinforcing the center's attention to comfort and cleanliness. The interior features a **\*\*charming entrance room\*\*** where guests can find a selection of books to borrow, as well as handmade malas for sale crafted by local artisans. There is also a convenient area to hang coats and store shoes, allowing for a seamless transition into the meditative space.

### **Cozy Meditative Spaces**

The heart of Cold Mountain Zen Center lies in its dedicated meditation space. This small yet inviting area is furnished with mats, seating cushions, and small benches designed for comfort, particularly beneficial for those with knee issues. Visitors can engage in guided meditation sessions, ensuring both beginners and seasoned practitioners feel supported in their practice. During special events like the beginner's night, families are welcome, fostering community spirit. Young visitors can even enjoy treats like cupcakes in the cozy kitchen, adding a touch of warmth to their experience. The friendly staff often engage newcomers, offering introductions to Zen practices along with informative pamphlets to take home.

### **A Sense of Community**

Cold Mountain Zen Center fosters a **\*\*great Sangha\*\***, or community, where individuals come together to share in the experience of mindfulness and spiritual growth. The welcoming ambiance encourages repeated visits, making it a cherished part of many lives in Fairbanks. In conclusion, whether you're new to Zen or revisiting your practice, Cold Mountain Zen Center stands out as a wonderful place to explore spirituality while being embraced in a community focused on well-being and accessibility. Don't miss out on this gem tucked away in Fairbanks; your journey toward peace and mindfulness awaits.

### **You can reach us at**

5110 Aeronca Ave, 99709 Fairbanks, Alaska - United States (US)

The phone number of this **Religious organization** is +1907-378-6657  
And if you want to send a WhatsApp, you can do so at +1907-378-6657

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