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Boorstein grew up in Brooklyn, New York and attended Barnard College. After moving to California in 1961, Boorstein earned a Master's Degree in Social Work from the University of California Berkeley in 1967.

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Sylvia Boorstein, teaches mindfulness and leads retreats across the United States. She is a co-founding teacher at Spirit Rock Meditation Center in Woodacre, California, and a senior teacher at the Insight Meditation Center in Barre, Massachusetts.

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