

# IMC SCHEDULE-AT-A-GLANCE

April thru June 2007

For details on any of the events below, please see the main schedule of the newsletter.

## ONGOING WEEKLY EVENTS

Sittings and Talks with Gil Fronsdal or guest teachers. For name of speaker, see [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org).

- Monday Evening, 7:30 to 9 pm
- Wednesday Morning Half-Day Retreat, 9:30 am to 12:15 pm
- Thursday Evening, 7:30 to 9 pm
- Thursday Evening Basic Meditation Instruction, 6:15 to 7:15 pm
- Sunday Morning, 8:30 to 9:10 am Sit; 9:10 to 9:25 am Walk; 9:25 to 10 am Sit; 10 to 10:45 am Talk
- Yoga – Monday Evenings, 6:30-7:15 pm. Yoga & Sitting Meditation – Thursday Mornings, 8-10:15 am
- Wednesdays 1:30-3:30pm Support Groups for Life-threatening Illness and Caregivers

## ONGOING MONTHLY EVENTS

- Last Sunday of Month—Potluck 11am, Children's Program 2nd Grade & Younger 11:30am to noon
- First Sunday of Month—Dharma Rocks Youth Program 3rd to 8th Grade, 5:15 to 7:15pm

*For Dharma Friends Events that don't take place at IMC, please see regular Schedule.*

3/23 Friday – Eightfold Path Study Group: Wise Effort with Tony Bernhard & Ines Freedman, 10 am to 12 noon

3/24 Saturday – Foundational Daylong Retreat with Donald Rothberg, 9am to 4:30pm

## APRIL

4/1 Sunday – Dharma Friends: Vegetarian Cooking with Surja Tjahaja, 12 to 2:30 pm

4/2 Monday – Half-Day Retreat with Andrea Fella, 9:30am to 12:15pm

4/5 Thursday – 4 Foundations of Mindfulness series: Mindfulness of the Body w/ Ronna Kabatznick, 7:30 to 9 pm, 1/4

4/12 Thursday – Four Foundations of Mindfulness series: Mindfulness of Feeling with Bill Hart, 7:30 to 9 pm, 2/4

4/13 Friday – Dharma Friends book discussion: Engaged Spiritual Life, 7 to 9 pm

4/14 Saturday – One-Day Retreat with Gil Fronsdal, 9am to 4:30 pm

4/15 Sunday – Dharma Friends Co-Housing group with Simon Turkalj, 11:30 am to 12:30 pm

4/15 Sunday – Dharma Friends Dharma-Inspired Book Group, conference room 11:15 to 1pm

4/17 Tuesday – IMC Board Meeting, 7 to 9 pm

4/18-5/16 Wednesday – Introduction to Mindfulness: 5 Week series with Gil Fronsdal, 7:30-9 pm 1/5

4/19 Thursday – 4 Foundations of Mindfulness series: Mindfulness of Mind with Jim Podolske, 7:30 to 9 pm, 3/4

4/20-22 – Teen Retreat at Hidden Villa with Tempel Smith

4/20 Friday – Dharma Practice Day, Right Effort, 9:30 to 3:30 pm

4/22 Sunday – Meditation Retreats Discussion with Ines Freedman and Andrea Fella, 11:15 to 12:45

4/24 Tuesday – Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm

4/25 Wednesday – Introduction to Mindfulness Meditation: 5 Week series with Gil Fronsdal, 7:30 to 9 pm 2 of 5

4/26 Thursday – 4 Foundations of Mindfulness series: Mindfulness of Dhammas with Ines Freedman, 7:30 to 9 pm, 4/4

4/27 Friday – Eightfold Path Study Group, Wise Mindfulness with Tony Bernhard & Ines Freedman, 10am-12 noon

4/28 Saturday – Dharma Friends: Feldenkrais Awareness through Movement with Judy Windt, 9:30am-12:30.

## MAY

5/2 Wednesday – Introduction to Mindfulness Meditation: 5 Week series with Gil Fronsdal, 7:30 to 9 pm 3/5

5/4 Friday – Full Moon Gathering for Women with Berget Jelane and Cheryl Gasner 7 to 9 pm

5/5 Saturday – Sati Center: Exploring Dependent Co-Arising with Thanissaro Bhikkhu 9 to 5 pm

5/6 Sunday – Dharma Friends Steering Committee Planning Meeting, 11:15 to 12:30

5/7 Monday – Half-Day Retreat with Andrea Fella, 9:30 to 12:15

5/9 Wednesday – Introduction to Mindfulness Meditation: 5 Week series with Gil Fronsdal, 7:30 to 9 pm 4/5

5/11 Friday – Dharma Practice Day: Right Mindfulness, 9:30 to 3:30 pm

5/11 Friday – Dharma Friends: Book discussion, Engaged Spiritual Life, 7 to 9 pm

# IMC Schedule-at-a-Glance Cont'd

April thru June 2007

- 5/12 Saturday – Daylong Retreat with Gil Fronsdal, 9 am to 4:30 pm
- 5/13-20 – Hidden Villa Retreat with Gil Fronsdal and Andrea Fella
- 5/16 Wednesday – Introduction to Mindfulness Meditation: 5 Week series with Gil Fronsdal, 7:30 to 9 pm 5/5
- 5/18 Friday – Benefit for Zen Hospice, Practicing with The Great Matters of Life & Death w/ Norman Fischer, 6:45-9 pm
- 5/19 Saturday – The Tao and the Dharma, Qiqong Retreat with Franz Moeckl, 10 am to 5 pm
- 5/20 Sunday – Co-Housing Study group with Simon Turkalj, 11:30 am to 12:30 pm
- 5/20 Sunday – Dharma Friends: Dharma-Inspired Book Group, conference room, 11:15 to 1pm
- 5/22 Tuesday – Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm
- 5/23 Wednesday – Beginners Practice Group Jim Podolske and Susan Ezequelle, 7:30 to 9 pm, 1/2
- 5/25 Friday – Eightfold Path Study Group: Wise Concentration with Tony Bernhard & Ines Freedman, 10 am-12 noon
- 5/25-28 – Memorial Weekend Jikoji Retreat with Gil Fronsdal
- 5/26 Saturday – Introduction to Mindfulness Meditation Daylong Retreat with Andrea Fella 9:30 to 3:30 pm
- 5/29 Tuesday – IMC Board Meeting, 7 to 9 pm
- 5/30 Wednesday – Beginners Practice Group Jim Podolske and Susan Ezequelle, 7:30 to 9 pm, 2/2

## JUNE

- 6/2 Saturday – People of Color Daylong Retreat with Larry Yang and Gina Sharpe, 9:30 to 5 pm
- 6/3 Sunday – Buddha's Birthday Celebration (Vesak), after the sitting, children arrive at 9:15 am
- 6/6 Wednesday – Buddhism and the Twelve Steps, with Kevin Griffin, 7 to 9 pm, 1/5
- 6/8 Friday – Dharma Practice Day: Right Concentration, 9:30 am to 3:30 pm
- 6/8 Friday – Dharma Friends book discussion: Engaged Spiritual Life, 7 to 9 pm
- 6/09 Saturday – Intensive Daylong Retreat with Gil Fronsdal, 6 am to 9 pm
- 6/12 Tuesday – Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm
- 6/13 Wednesday – Buddhism and the Twelve Steps, with Kevin Griffin, 7 to 9 pm, 2/5
- 6/16-17 Saturday-Sunday – U Tejaniya weekend retreat at IMC , Saturday: 9 am to 4, Sunday: 8:30 am to 4:30 pm
- 6/17 Sunday – Afternoon Retreat with Tejaniya, 1 to 4:30 pm
- 6/20 Wednesday – Buddhism and the Twelve Steps, with Kevin Griffin, 7 to 9 pm, 3/5
- 6/21-7/12 – Heather Martin, our visiting teacher will be leading all the regular sittings and talks
- 6/22 Friday – Eightfold Path Study Group: The 8FP in the Context of the 4 NT with Tony Bernhard , 10 am to 12 noon
- 6/22 Friday – One Piano Heart Sutra Concert with Lewis Richmond, 7:30 to 9 pm
- 6/23 Saturday – Sati Center: Non-Duality in Theravada & Zen Buddhism w/ Ajahn Amaro & Joseph Bobrow Roshi, 9-5
- 6/24 Sunday – Dharma Friends: Blood Drive. IMC parking lot. 11 am to 1 pm
- 6/27 Wednesday – Buddhism and the Twelve Steps, with Kevin Griffin, 7 to 9 pm, 4/5

## JULY

- 7/7 Saturday – Daylong Retreat with Heather Martin, 9 am to 4:30 pm
- 7/11 Wednesday – Buddhism and the Twelve Steps, with Kevin Griffin, 7 to 9 pm, 5/5
- 7/14 Saturday – Buddhism and the Twelve Steps Daylong Retreat, 9:30 am to 4:30 pm
- 7/17 Tuesday – Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm
- 7/18 to 8/15 Wednesdays – Intro to Mindfulness Meditation - 5 Week series w/Andrea Fella, 7:30 to 9 pm