

Practice Discussions at IMC

In addition to practice discussions that are offered by the teachers during daylong and half-day retreats, you may sign up for a half-hour long practice discussion with one of these senior students. Please click on their “Scheduling page” link below to sign up.

Please sign up for only one discussion per month to allow others an opportunity as well.



With [Tanya Wiser](#)

TUESDAY EVENINGS

6:30 p.m.

Visit [Tanya’s Scheduling page](#) to arrange a practice discussion



With [Diana Clark](#)

FRIDAY EVENINGS

5:30, 6:00, or 6:30 p.m.

Visit [Diana’s Scheduling page](#) to arrange a practice discussion



With [Chris Clifford](#)

WEDNESDAY EVENINGS

5:30, 6:00, or 6:30 p.m.

Visit [Chris’s Scheduling page](#) to arrange a practice discussion



With [Liz Powell](#)

SUNDAY MORNINGS

8:15 or 8:45 a.m.

Visit [Liz’s Scheduling page](#) to arrange a practice discussion

Discussions are held at Insight Meditation Center 108 Birch Street Redwood City, CA 94062