

With IMC closed as part of our society's effort to "flatten the curve" in the transmission of the COVID-19 virus, IMC has transitioned to online programming. During this time, we are streaming many of our programs via YouTube or Zoom.

You can check the following charts to see what we offer online and how you can join us. Our offerings on YouTube take place on IMC's YouTube channel. You will need a link to each Zoom event. If a Zoom link is not provided in the chart below or if the Zoom link is incorrect, check the event on the [IMC calendar](#) for the correct link.

IMC's YouTube Channel: <https://www.YouTube.com/insightmed>

IMC's YouTube Live Stream: <https://www.YouTube.com/insightmed/live>

Regular Weekly Schedule

DAY	EVENT	YOUTUBE	ZOOM LINK
Weekdays	Weekday Morning Sit with Gil Fronsda 7:00 — sitting 7:30 — Dharmette (15 minutes)	On YouTube	
Sunday	Sunday Morning Sit with Gil Fronsda 9:25 am — sitting 10:00 am — talk (30 – 45-minutes)	On YouTube	
Monday	Monday Evening Sit 7:30 pm — sitting 8:15 pm — talk (30–45-minutes)	On YouTube	
Tuesday	Dharma en Español with Andrea Castillo 7:30 – 9:00 pm		Check calendar for link
Wednesday	Wednesday Morning Sit 11:00 am — sitting 1:45 am — talk (15 minutes)	On YouTube	
	Happy Hour: Practicing Loving-Kindness 6:00 – 7:00 pm		https://zoom.us/j/525441616
Thursday	Basic Meditation Instruction 6:15 – 7:15 pm		Check the IMC Calendar
	Sitting Questions & Reflections with Andrea Fella 7:30 – 8:30 pm		Check calendar for link

Classes & Daylongs

DAY	EVENT	YOUTUBE	ZOOM LINK
Weekdays Mar 30 – Apr 9	Introduction to Mindfulness Meditation 9:30 am – 10:30 am	On YouTube	Check IMC calendar for link
Saturday April 4	Loving Heart, Resilient Heart with Diana Clark & Nikki Mirghafori 9:30 am – 4:00 pm		Check IMC calendar for link
April 11	Insight Meditation Daylong Retreat with Matthew Brensilver 9:00 am – 4:30 pm		Check IMC calendar for link

Affinity & Support Groups

DAY	EVENT	YOUTUBE	ZOOM LINK
Sunday	At Home in the World: Dharma Evenings for people in their 20s and 30s 7:30 – 9:00 pm		https://zoom.us/j/466343458
Second Sunday	Buddhism and 12-Step Support Group with Jennifer Lemas 7:30 – 9:00 pm		Check IMC's event calendar
Fourth Sunday	Dharma Circle for People of Asian Background with Lilu Chen and Ying Chen 1:00 – 2:30 pm		Zoom link will be emailed to participants. To join us online, contact asianimc2020@gmail.com .
	LGBTQueer Sangha with John Martin & bruni dávila 5:00 – 6:30 pm		Zoom link will be emailed to participants. To join us online contact imcqueersangha@gmail.com
First & Third Thursdays	Support Group for persons with Life Threatening Illnesses and Chronic Health Challenges with Ying Chen 12:30 – 2:30 pm pm		See the event calendar for how to join this group.
Fourth Thursday	Senior Sangha Group with David Cohn, Fiona Barner, and Robert Cusick 11:00 am – 1:00 pm		https://zoom.us/j/505485460