

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>

IRC YouTube YouTube Live Stream: https://www.youtube.com/channel/UCJEGO5BZ5Pie1xv_3hSeoxQ/live

Regular Weekly Schedule

DAY	EVENT	YOUTUBE	ZOOM LINK
Weekdays	Weekday Morning Sit with Gil Fronsdal 7:00 — sitting 7:30 — Dharmette (15 minutes)	On YouTube	
	Happy Hour: Practicing Loving-Kindness 6:00 – 7:00 pm		https://zoom.us/j/92006340224
Sunday	Sunday Morning Sit with Gil Fronsdal 9:25 am — sitting 10:00 am — talk (30 – 45-minutes)	On YouTube	
	Sunday Morning Community Meeting 10:30 — 11:15 am		Check calendar for link
Monday	Monday Evening Sit 7:30 pm — sitting 8:15 pm — talk (30–45-minutes)	On YouTube Check Calendar	
Tuesday	Sitting, Questions & Reflections with Andrea Fella 9:30 – 10:30 am		Check calendar for link
	Dharma en Español with Andrea Castillo 7:30 – 9:00 pm		Check calendar for link
Wednesday	IRC Mini-Retreat 10:00 am — 12:00 pm	On IRC YouTube Channel.	
Thursday	Basic Meditation Instruction 6:15 – 7:15 pm		Check the calendar for links or cancellation
	Sitting, Questions & Reflections with Andrea Fella 7:30 – 8:30 pm		Check calendar for link

Classes & Daylongs

DAY	EVENT	YOUTUBE	ZOOM LINK
Wednesdays Aug 25 – Sept 9	The Meeting of Self and Other: Discussing Racism in Community 7:00 pm – 8:30 pm		See the calendar for instructions how to get the Zoom link
Saturday Sept 12	Resilience and Gladdening Our Mind in Challenging Times with Nikki Mirghafori 9:00 am – 12:30 pm		https://us02web.zoom.us/j/87044527049?pwd=TEIRTGtuUXc1VDVUOGp6TS_tseStzQT09/ Meeting ID: 870 4452 7049. Passcode: metta.

IMC Small Groups on Zoom — NEW

DAY	EVENT	YOUTUBE	ZOOM LINK
Various Days	IMC Small Group Practice Discussions on Zoom		See the schedule of available groups and sign up here . Zoom instructions will be sent by email the day before the meeting.

Affinity & Support Groups

DAY	EVENT	YOUTUBE	ZOOM LINK
Sunday	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
	At Home in the World: Dharma Evenings for people in their 20s and 30s 7:30 – 9:00 pm		https://zoom.us/j/688465676
Second Sunday	Buddhism and 12-Step Support Group with Jennifer Lemas 7:30 – 9:00 pm		Check IMC's event calendar
Second & Fourth Sundays	Dharma Circle for People of Asian Background with Lilu Chen and Ying Chen 1:00 – 2:30 pm		https://us02web.zoom.us/j/89887927912?pwd=L1FHNGZ4L1RyWEthekVhRVVBYIEwQT09
First & Third Thursdays	Support Group for persons with Life Threatening Illnesses and Chronic Health Challenges with Ying Chen 12:30 – 2:30 pm		See the event calendar for how to join this group.
Second Thursday	Women's Circle of Mindfulness 11:00 am – 12:30 pm		Please email hborison@sbcglobal.net for a Zoom link.
Fourth Thursday	Senior Sangha Group with David Cohn, Fiona Barner, and Robert Cusick 11:00 am – 1:00 pm		Zoom link will be emailed to participants.