



SCHEDULE OF EVENTS

April ~ June 2025

WEEKLY MEDITATION & TALKS

IN-PERSON AT IMC:

MONDAY EVENING SITTING AND TALK

With Diana Clark or guest teachers, 7:15 to 8:30pm. A 30-min sitting, a 30-min Dharma talk, and 15 min Q&A.

WEDNESDAY MORNING HALF-DAY RETREAT

Sitting and walking meditation with Gil Fronsdal or guest teachers. You may attend any part of the morning.

- 9:30am – Sitting • 10:15am – Walking Meditation
- 11am – Sitting • 11:45am – Dharmette (brief talk)
- 12pm – Temple cleaning
- 12:15 – Informal lunch and discussion outdoors in the parking lot (weather permitting). Everyone welcome (bring bag lunch).

DHARMA PRACTICE THURSDAYS: BRINGING THE DHARMA TO LIFE WITH TANYA WISER OR GUEST TEACHERS 6:30 to 8pm

Join us in exploring various Dharma topics. Includes guided meditation, dharma talk, and group discussions where we are encouraged to engage with the teachings in a way that brings us closer to the dharma and the sangha. For beginners and experienced beginners.

SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers, 8:30 to 10:45am.

- 8:30am – 1st Sitting • 9:10am – Walking Meditation
- 9:25am – 2nd Sitting • 10 to 10:45am – Talk

MEDITATION INSTRUCTION

IN-PERSON AT IMC:

5-WEEK INTRODUCTION TO MINDFULNESS MEDITATION

Basic instructions in mindfulness meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking, and the application of mindfulness in daily life.

- 4 Tuesdays, Jun 10–Jul 1, and Wednesday, Jul 9, 2 to 3:30pm with Tom Fenner and Lydia Ridgway
- 5 Sundays, Jul 27–Aug 24, 1:30 to 3pm with Mei Elliott

INTRODUCTION TO MINDFULNESS MEDITATION

DAYLONG

- Saturday, Apr 19, 9:30am to 4:30pm, with Kodo Conlin
- Saturday, Jul 5, 9:30am to 4:30pm, with Mei Elliott

BASIC MEDITATION INSTRUCTION

- Monday evenings 6:15 to 7pm
- Wednesday mornings 8:15 to 9am

DAYLONG RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- Apr 19, 9:30am to 4:30pm, **INTRODUCTION TO MINDFULNESS MEDITATION** with Kodo Conlin
- Apr 26, 8:30am to 5pm, **DAYLONG** with Gil Fronsdal
- Jun 14, 9:30am to 3:30pm, **FOUR POSTURES AND BEYOND** with Kim Allen
- Jul 5, 9:30am to 4:30pm, **INTRODUCTORY MINDFULNESS MEDITATION** with Mei Elliott

ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Saturday, May 24, 9am to 4pm with Ines Freedman
- Saturday, June 21, 9am to 4:30pm with Andrea Fella

WEEKLY ONLINE PROGRAMS

SEE WEBSITE CALENDAR FOR LINKS FOR THE FOLLOWING PROGRAMS:

- **MONDAY THRU FRIDAY MORNING SITTING AND TALK** with Gil Fronsdal or guest teachers, 7 to 7:45am. On YouTube.
- **MONDAY THRU FRIDAY EVENING HAPPY HOUR: LOVING KINDNESS PRACTICE** with Nikki Mirghafori, Liz Powell, Anne Roise and others, 6 to 7pm. Guided Meditation teaching, and discussion on loving-kindness. On YouTube and/or Zoom.
- **TUESDAY MORNING SITTING, REFLECTION, & DISCUSSION** with Dawn Neal, Marjolein Janssen and others, 9:30 to 10:45am. 35-minute sitting, followed by a reflection and discussion. On Zoom
- **TUESDAY EVENING SITTING AND TALK** with various Dharma leaders, 7 to 8:15pm. 30-minute sitting, 30-minute Dharma talk, and 15 minutes for Q&A and discussion. On Zoom.
- **MARTES DHARMA EN ESPAÑOL** con Andrea Castillo, Sandra Sanabria y otros, 6:30 a 8pm. Meditación y pláticas de Dharma en Español. En Zoom.
- **WEDNESDAY SITTING AND DHARMETTE** with Matthew Brensilver, 7:30 to 8:15pm. On YouTube.
- **THURSDAY EVENING SITTING AND Q&A**, with Ari Crellin-Quick, Liz Powell, and others, 7:30 to 8:30pm. A sitting followed by a short reflection and discussion. On Zoom.

RESIDENTIAL RETREATS AT IRC

For information go to insightretreatcenter.org.

- Jun 15–22, **1-WEEK INSIGHT RETREAT** with Matthew Brensilver and Ines Freedman
- Jun 29–Jul 13, **2-WEEK MINDFULNESS OF MIND RETREAT FOR EXPERIENCED STUDENTS** with Andrea Fella, assisted by Liz Powell
- Jul 20 to 27, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Diana Clark
- Aug 3 to 10, **1-WEEK INSIGHT RETREAT** with Ines Freedman and Francisco Morillo Gable
- Aug 20 to 24, **5-DAY INSIGHT RETREAT IN SPANISH (ESPAÑOL)** with Andrea Castillo and David Lorey

IRC ONLINE RETREATS

For information go to insightretreatcenter.org.

- Apr 10-13, **4-DAY CULTIVATING INSIGHT AND TRANQUILITY WHEN HEALTH CHALLENGED** with Ying Chen and Francisco Morillo Gable.
- May 4–18, **2-WEEK EXPERIENCED PRACTITIONERS RETREAT** with Gil Fronsdal, assisted by Diana Clark
- Jun 1 to 8, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Nolitha Tsengiwe, and Devon Hase
- Jun 20–22, **3-DAY INSIGHT RETREAT** with Liz Powell and Johnathan Woodside

IRC OFFSITE RETREATS

Except where noted—for info: insightretreatcenter.org/offsite-retreats/

- Apr 16–20, **5-DAY ETHICS AND LOVE IN INTERPERSONAL LIFE** with Matthew Brensilver at Big Bear Retreat Center in Big Bear, CA (online/hybrid option available) followed by 6-week online integration course.
- Apr 19–24, **6-DAY INSIGHT RETREAT** with Diana Clark, Kim Allen, Ying Chen and David Lorey at Hidden Villa, Los Altos, CA. Info: insightretreatcenter.org/hidden-villa/
- May 31–Jun 5, **6-DAY BEYOND JUDGING, COMPARING AND FIXING** with Matthew Brensilver and Dana DePalma at Big Springs Retreat Center outside of Sierra City, CA
- Jun 21–26, **6-DAY OPENING THE HEART, DEEPENING WISDOM** with Kim Allen and Diana Clark. An IRC & Big Bear Retreat Center Collaboration at Big Bear Retreat Center in Big Bear, CA
- August 16–23, **1-WEEK DHARMA IN NATURE, NATURE IN THE DHARMA—INSIGHT RETREAT** with Gil Fronsdal at Big Springs Retreat Center outside of Sierra City, CA,

SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

THE DHARMA OF CHILDREN'S BOOKS—A PROGRAM FOR ADULTS WITH LAUREN SILVER

SUNDAY APR 6, 1 TO 2:30PM. Join us for a joyful afternoon as we introduce a number of wonderful children's books and explore the Dharma wisdom and inspiration that can be found within them.

INTRODUCTION TO MINDFULNESS MEDITATION

WITH KODO CONLIN **SATURDAY, APR 19, 9:30AM TO 4:30PM.**

Includes guided meditations, dharma talks, and alternating periods of sitting and walking. With instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention. An opportunity to strengthen mindfulness, develop concentration, practice in community, and ask a teacher questions. For beginners and those with more experience. Bring lunch.

DAYLONG WITH GIL FRONSDAL

SATURDAY, APR 26, 8:30AM TO 5PM

This retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. Includes alternating periods of sitting and walking meditation with a Dharma talk at the end of the day. Brief interviews to talk about the practice will be available with Gil. Bring lunch.

VESAK: CELEBRATION OF BUDDHA'S BIRTH,

ENLIGHTENMENT AND PASSING WITH GIL FRONSDAL

SUNDAY, MAY 4, 10 TO 10:45AM. We will celebrate Vesak after our morning sitting. Children welcome. Families should arrive by 9:15am at which time they can decorate the flower pagoda. Please bring flowers.

FOUR POSTURES AND BEYOND: MINDFULNESS

MEDITATION DAYLONG WITH KIM ALLEN

SATURDAY, JUN 14, 9:30AM TO 3:30PM.

Provides instruction in all four meditation postures — sitting, walking, standing, and lying down. We will also practice mindfulness during speech and mindfulness of our thoughts. Includes guided meditations, dharma teachings, and a short session of speaking in small groups. This is an opportunity to strengthen mindfulness, develop continuity, practice with the IMC community, and ask a teacher questions. Appropriate for those who have completed an introduction to mindfulness meditation daylong or series, and those with more experience.

IMC SUMMER POTLUCK PICNIC

SUNDAY JUN 29, 11AM TO 2PM at area #3 in Red Morton Park in Redwood City. Everyone invited!

INTRODUCTORY MINDFULNESS MEDITATION DAYLONG

WITH MEI ELLIOTT **SATURDAY, JUL 5, 9:30AM TO 4:30PM.**

Includes guided meditations, dharma talks, and alternating periods of sitting and walking. With instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention. An opportunity to strengthen mindfulness, develop concentration, practice in community, and ask a teacher questions. For beginners and those with more experience. Bring lunch.



20's AND 30's PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR

PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN AND

GUEST TEACHERS. SUNDAYS, 7:30 TO 9PM (EXCEPT THE 2ND SUNDAY

OF THE MONTH). Our meetings alternate between Zoom and in-person at IMC; please check IMC's website Calendar for details.

Our group addresses themes relevant to people in their 20's and 30's and includes guided meditations, short dharma talks, and group discussions. We have a friendly and vibrant ongoing community, and all are welcome to drop in at any time.

IMC LGBTQIA2S+ SANGHA

ON ZOOM: 3RD SUNDAY OF THE MONTH, 5 TO 6:30PM

Suitable for both beginners and experienced practitioners within our LGBTQIAS2+ community. Open to people who self-identify as LGBTQIAS2+ (lesbian, gay, bisexual, trans, queer, intersex, asexual, and two-spirit) and genderqueer and inquiring. To join us online and be added to our e-mail list, please contact imc-queersangha@gmail.com. The Zoom link will be sent separately. We are peer facilitated with guiding teacher Tanya Wisser.

YOUTH & FAMILY PROGRAMS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

MINDFUL PARENTS LED BY LAUREN SILVER AND MELODY BAUMGARTNER. THIRD SUNDAY OF EACH MONTH IN-PERSON AT IMC, 11:15AM TO 12:45PM. This year's theme is Parenting and the Ten Paramis. Parents are invited to practice in a warm and caring community, supporting each other as we raise thriving children of all ages—infancy through adulthood. Includes meditation, mindful speech and listening, with time for sharing. No registration necessary. Contact Melody: melodybaumgartner@gmail.com.

DHARMA SPROUTS (K-2ND GRADERS & THEIR PARENTS) Led by Hilary Borison and Carla Rayacich. **FIRST SUNDAY OF EACH MONTH, 11:15AM TO 12:15PM.** Meditation and mindfulness practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Hilary at IMC.familyprogram@gmail.com for more information or to RSVP. Please provide first names of each adult and child who will attend.

DHARMA ROCKS (3RD-5TH GRADERS) Led by Camille Whitney and Tim Sandoe. **THIRD SUNDAY OF EACH MONTH, 5 TO 6:15PM.** Meditation and mindfulness practice through games, stories, and art. Vegetarian pizza will be provided. Parents/guardians can either drop off and pick up their kids or wait at IMC. We ask participants to sign up at least two days before the event. For more information, please email CRWmindfulness@gmail.com.

DHARMA BODHIS (MIDDLE SCHOOL) & MINDFUL TEENS (HIGH SCHOOL). Led by Hilary Borison and Conrad Sherby. **SECOND SUNDAY OF EACH MONTH, 5:30 TO 6:30PM ON ZOOM.** We'll explore how the dharma can support challenges and opportunities through group discussion, mindfulness and self-compassion practices. Contact Hilary at IMC.familyprogram@gmail.com for the Zoom link.



SUPPORT GROUPS

SUPPORT GROUP FOR PEOPLE WITH HEALTH CHALLENGES

ON ZOOM: 1ST & 3RD THURSDAYS OF THE MONTH, 12:30 TO 2PM. The primary purpose of this group is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing similar situations. Meetings include brief sittings and consideration of pertinent Dharma topics. At least four days before attending the group for the first time, please contact Ying Chen at imcsg22@gmail.com.

BUDDHISM AND RECOVERY SUPPORT GROUP

ON ZOOM, WEEKLY ON SUNDAY 7 TO 8:15PM. Group discussion and study exploring Recovery principles and the teachings of the Buddha. Includes 15-20 minutes of sitting meditation, a reading on Dharma and Recovery and open discussion. Everyone is welcome. Peer-led group. For more info contact: stan.loll@gmail.com. See IMC website calendar for Zoom link.

OTHER GROUPS

Check the IMC website calendar for Zoom links unless otherwise noted.

ONLINE SUNDAY SANGHA WITH JAN MESSER AND BARRY ROTHMAN, IMC SANGHA MEMBERS. ON ZOOM: SUNDAY FOLLOWING THE DHARMA TALK, AT APPROXIMATELY 10:45 TO 11:30AM.

Connect with sangha (community), foster dharma friendships and support each other's Buddhist practices and discuss dharma teachings online with IMC members from all over the world.

DHARMA CIRCLE FOR PEOPLE OF ASIAN BACKGROUND WITH LILU CHEN AND YING CHEN. ON ZOOM: 2ND AND 4TH SUNDAYS OF EACH MONTH, 1 TO 2:30PM. Includes sitting meditation, a short dharma talk, discussion and community activities. We intend to provide a safe, friendly, and nourishing environment. Open to all self-identified people of Asian or South Asian, Southeast Asian, East Asian and Pacific Islander background. No registration required. For info contact asianimc2020@gmail.com.

WOMEN'S CIRCLE OF MINDFULNESS WITH HILARY BORISON. ON ZOOM: THURSDAYS, 11AM TO 12PM.

A gathering for self-identified women who wish to deepen practice in a loving community, as we learn to weave mindfulness throughout our daily lives. For info and to receive the Zoom link, contact Hilary at hborison@sbcglobal.net.

DHARMA-INSPIRED BOOK GROUP

ON ZOOM: FRIDAYS, 5 TO 6:30PM. We read books on Buddhism and meditation at a pace that allows for discussion. You may drop in even if you don't have the book. In this self-led group, Anne Foster is acting as facilitator for our current book. Contact afoster@rawbw.com. For info, Zoom link, and to sign up to receive email updates: insightmeditationcenter.org/dharma-friends/

EARTH CARE GROUP

ON ZOOM: LAST SATURDAY OF THE MONTH, 8:30 TO 10AM. We focus on a set of diverse topics relating to the right actions we can take to mitigate climate change. Meetings will usually have an invited speaker and include a brief meditation, presentation, and group discussion. For info email EarthCare.Dharma@gmail.com.

SENIOR SANGHA GROUP: ENJOYING OUR AGING WITH DAVID COHN, FIONA BARNER & ROBERT CUSICK

ON ZOOM: USUALLY ON THE THIRD THURSDAY OF THE MONTH, CHECK THE IMC WEBSITE CALENDAR TO CONFIRM, 11AM TO 1 PM. (See the calendar entry and fill out the short form to be added to the email list for class materials, announcements and Zoom link).

SCHEDULE PG. 4

Join our dharma-based community of IMC seniors of all ages. We will cultivate enjoying our journey through the vicissitudes and blessings of aging with kindness and wisdom practices. Includes guided meditations, talks, and discussions on topics that support aging with ease and contentment.

SONA'S DHARMA STRUMMERS

Join us as we make music for the elderly. No prior musical experience necessary. Once a month, we visit two residential care facilities in Redwood City and sing old favorites accompanied by our ukulele playing. If you don't play the ukulele, you can come and sing along. We practice once a month in a nearby home. Basic ukulele instruction provided. For info contact Martha at marthachickerting@gmail.com.

YOGA

THURSDAY MORNING YOGA AND SITTING MEDITATION WITH TERRY LESSER 9 TO 10:45AM IN-PERSON AT IMC

We use a variety of asanas (poses) to focus and calm the mind, enhance breath and overall awareness, and develop flexibility, balance, and strength. Beginners welcome. The class is a mixed level—all are encouraged to work in accordance with their needs and abilities. Bring a large towel and sticky mat if you have one.

SATI CENTER

ON ZOOM. REGISTER FOR THESE EVENTS AT SATI.ORG FOR MORE INFO AND ZOOM LINKS.

PERSPECTIVES ON THE HONEYBALL SUTTA

WITH JAYA RUDGARD **SATURDAY, APR 5, 9AM TO 12PM**

This session will look at the Honeyball Sutta and supporting texts to understand how we become entangled in reactive patterns and limited by views. We will explore how this understanding can open possibilities of inner freedom and creative engagement with the world.

SECULAR DHARMA: A PRACTICE OF CARE AND AWAKENING FOR OUR TIMES WITH MARTINE BATCHELOR & BERNAT FONT **TWO SATURDAYS, APR 12 & 19, 9AM TO 12PM**

Responding to circumstances in different times and cultures, Dharma practice has changed. This series will explore the delicate task of adapting the dharma to our circumstances. This will be done with a respectful attitude, and a pragmatic orientation that puts Buddhist teachings and values in service of leading a good and awakened life in this world.

INTRODUCTION TO BUDDHIST CHAPLAINCY WITH JENNIFER BLOCK AND VANESSA ABLE

SUNDAY, APR 27, 9AM TO 12PM An overview of a chaplain's work of providing spiritual care and support for people in hospitals, hospices, prisons, and a wide variety of other settings. Information about the Sati Center's Buddhist Chaplaincy Training (in-person and online) provided.

EARLY BUDDHIST TEACHINGS ON NOT-SELF AND THE CONSTRUCTION OF IDENTITY: A PRACTICAL APPROACH TO PERSONAL AUTHENTICITY AND RELATIONAL SINCERITY WITH BHIKKHUNI DHAMMADINNA

SATURDAY, MAY 3, 9AM TO 12PM In this interactive session, we will explore the potential of transformative insight into the teaching of not-self in supporting self-authenticity and interpersonal sincerity. We will look at what the early Buddhist texts have to say on the construction and reification of the self and identity (or identities)—both in meditation and in daily life.

HEAVENS & HELLS: LESSONS OF THE MIND & BUDDHIST COSMOS WITH AJAHNS KOVILO AND NISABHO

TWO SATURDAYS, MAY 10 & 17, 9AM TO 12PM

Whether the picture of the cosmos presented by the Buddha and subsequent tradition is taken as a vision of the world or a vast analogy for the mind, it can present us with deep insights into the workings of the heart, implications of action, and even the flavor of the most refined states of samadhi, or mental serenity.

VICTORY OVER MARA WITH DIANA CLARK

THREE WEDNESDAYS, JUN 4, 11 & 18, 6 TO 7:30PM

One of the most dramatic moments on the Buddha's journey to Awakening is his confrontation with Mara, the personification of challenges and obstacles. There are two very different versions of this story in the Pali Canon. We will explore the insights we can gain from these and other versions and how to apply these insights to our own practice.

BUDDHIST CHAPLAINCY SPEAKER SERIES

- **COMMUNITY CHAPLAINCY & THE SAN FRANCISCO NIGHT MINISTRY WITH REV. TRENT J. THORNLEY **SATURDAY, MAY 31, 9 TO 10AM****

BUDDHIST CHAPLAINCY AND SPIRITUAL CARE PROGRAMS

- **INTRODUCTION TO BUDDHIST CHAPLAINCY** with Paul Haller, Jennifer Block, and Gil Fronsdal, **SEPTEMBER TO JULY**
- **ONLINE INTRODUCTION TO BUDDHIST CHAPLAINCY** with Vanessa Able, Trent Thornley, and Dawn Neal, **SEPTEMBER TO JULY**
- **ANUKAMPA PROGRAM: THE SPIRITUALITY OF CARE AND FREEDOM** with Vanessa Able and Gil Fronsdal, **AUGUST TO JUNE**

STUDY PROGRAM

EXPLORING THE BUDDHA'S MIDDLE LENGTH

DISCOURSES: WITH GIL FRONSDAL AND DIANA CLARK

- Part A covers the themes Relating to the Teachings, Faith & The Path
 - Part B covers the themes The Buddha, Karma & Rebirth
- A systematic study of the *Majjhima Nikaya*. Self-paced online courses, that include audio, video and written components.