



# SCHEDULE OF EVENTS

July – September 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.

- 5 Sundays, Jul 27–Aug 24, 1:30 to 3pm with Mei Elliott

#### INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG

- Saturday, Jul 5, 9:30am to 4:30pm, with Mei Elliott
- Saturday, Jul 26, 9:30am to 4:30pm, with bruni dávila

#### BASIC MEDITATION INSTRUCTION

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

## DAYLONG RETREATS

### ON SATURDAYS, IN-PERSON AT IMC:

- Jul 5, 9:30am to 4:30pm, **Introductory Mindfulness Meditation** with Mei Elliott
- Jul 26, 9:30am to 4:30pm, **Introduction to Mindfulness Meditation** with bruni dávila
- Aug 2, 8:30am to 5pm, **Daylong** with Gil Fronsdal
- Aug 9, 9:30am to 4pm, **Lovingkindness Meditation** with Kodo Conlin

### ONLINE THRU IRC:

For information go to [insightretreatcenter.org](https://insightretreatcenter.org).

- Aug 16, 9am to 4:30pm, **Daylong** with Matthew Brensilver

## SATURDAY HALF-DAY RETREATS

### ON SATURDAYS, IN-PERSON AT IMC:

- Sep 20, 9:30am to 1pm, **LGBTQIA2S+ Mindfulness Half-Day** with Tanya Wiser

## NON-RESIDENTIAL RETREATS

- Aug 3–9, **Week-long Awareness and Wisdom Integrated Home Retreat** with Andrea Fella
- Sep 5–7, 3-Day **Weekend Non-Residential Retreat** with Tanya Wiser

## 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 small-group practice, 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](https://insightretreatcenter.org).

- Aug 20 to 24, **5-DAY INSIGHT RETREAT IN SPANISH (ESPAÑOL)** with Andrea Castillo and David Lorey (Retreat full; wait list open)
- Oct 12 to 19, **1-WEEK INSIGHT RETREAT** with Diana Clark, Kim Allen, David Lorey, and Ying Chen
- Oct 26 to Nov 2, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Castillo with Mei Elliott online practice support (Also Online)
- Nov 16 to 23, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and TBD with Kodo Conlin online practice support (Also Online)
- Nov 30 to Dec 7, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea with Liz Powell online practice support (Also Online)
- Dec 14 to 21, **1-WEEK INSIGHT SANTA CRUZ INSIGHT RETREAT** with Dawn Neal, Bob Stahl, and Mary Grace Orr

### IRC ONLINE RETREATS

For information go to [insightretreatcenter.org](https://insightretreatcenter.org).

- Aug 31 to Sep 27, **28-DAY EXPERIENCED PRACTITIONERS RETREAT** with Gil Fronsdal, assisted by Ines Freedman
- Oct 26 to Nov 2, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Castillo; with Mei Elliott online practice support
- Nov 16 to 23, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and TBD; with Kodo Conlin online practice support
- Nov 30 to Dec 7, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Fella; with Liz Powell online practice support

### IRC OFFSITE RETREATS

Except where noted—for info: [insightretreatcenter.org/offsite-retreats/](https://insightretreatcenter.org/offsite-retreats/)

- 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, (Retreat full; wait list open)
- Aug 19–23, **5-DAY DHARMA DHARMA: THE UNFOLDING OF NATURE** with LC Tran; at Big Bear Retreat Center, Big Bear, CA
- Sep 5–7, **3-DAY WEEKEND NON-RESIDENTIAL INSIGHT MEDITATION RETREAT** with Tanya Wiser at IMC, Redwood City, CA.
- Sep 27–Oct 2, **6-DAY BIPOC NATURE DHARMA AND INSIGHT RETREAT** with Victoria Cary and Ram Appalaraju at Big Springs Retreat Center outside of Sierra City, CA

### SERIES PROGRAMS

#### 2025 – 2026 EIGHTFOLD PATH PROGRAM

**WITH TANYA WISER, CHRIS CLIFFORD, LIZ POWELL & OTHERS**

**IN-PERSON AND ONLINE. SUNDAYS 1PM TO 3:30PM (PACIFIC), 2025: SEP 28, OCT 5, NOV 9, DEC 14; 2026: JAN 11, FEB 8, MAR 8, APR 12, MAY 3.**

**CONCLUDING DAYLONG: JUNE 6**

The Buddha's most explicit path of practice is the Eightfold Path. This program is an introduction to each of the Eightfold factors so participants will discover how to apply each set of practices in ways that are personally meaningful.

**PRE-REQUISITE:** completion of IMC's Introduction to Meditation course or equivalent. The in-person and online versions will occur in parallel at the same time. Participants can attend either version, although you are encouraged to pick one as primary to build community. **PLEASE REGISTER**—you will receive Zoom links and course materials by email. An application is required to be assigned a mentor. Mentoring slots may fill. Register on the IMC website: Programs > Special and Yearlong Programs. Questions: [eightfoldpath@insightmeditationcenter.org](mailto:eightfoldpath@insightmeditationcenter.org)

#### 2025-2026 THE EQUIVALENCE OF ETHICS AND ENLIGHTENMENT WITH GIL FRONSDAL

**Online • Fridays, 8:30 AM TO 3:30 PM: Oct 3, Nov 7, Dec 12, Jan 16, Feb 13, Mar 14, Apr 10, and May 8**

In Buddhism, ethics and awakening are inseparable; for the Buddha's path to awakening is ethical, awakening itself is ethical, and the awakened life is ethical. (See article in this newsletter for more information).

### SPECIAL EVENTS

**IN-PERSON AT IMC UNLESS OTHERWISE NOTED.**

#### 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.

#### INTRODUCTION TO MINDFULNESS MEDITATION

##### DAYLONG RETREAT WITH BRUNI DÁVILA

**Saturday, Jul 26, 9:30am to 4:30pm.** Includes guided meditations, dharma talks, and alternating periods of sitting and walking. Instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention will be provided. This daylong retreat is an opportunity to strengthen mindfulness, develop concentration, practice with the IMC community, and ask a teacher questions. For beginners and those with more experience. Bring lunch.

#### IMC SUMMER POTLUCK PICNIC

**Sunday, July 27, 11am to 2pm** at Picnic Area #3 in Red Morton Park in Redwood City. Everyone invited!

#### DAYLONG WITH GIL FRONSDAL

**Saturday, Aug 2, 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.

#### AWARENESS AND WISDOM INTEGRATED HOME RETREAT WITH ANDREA FELLA

**AUG 3–9 (SUNDAY – SATURDAY); TWO SESSIONS DAILY: 7:30AM TO 9:30AM & 3:30 TO 4:30PM. ON ZOOM.** Inspired by the teachings of Sayadaw U Tejaniya. Explores a relaxed open awareness with an emphasis on exploring qualities of mind, and the attitude towards one's experience. The emphasis will be exploring integrating awareness into our whole day and all activities. Registration required—see the IMC calendar entry to register. For questions contact Yosh Haggerty at [yosh@insightretreatcenter.org](mailto:yosh@insightretreatcenter.org).

#### LOVINGKINDNESS MEDITATION DAYLONG WITH KODO CONLIN

**SATURDAY, AUG 9, 9:30AM TO 4PM.** Join us for a day of metta (lovingkindness) practice as we nourish the roots of kindness, compassion, and mental beauty. Includes guided and silent meditations, alternating periods of sitting and walking, and short Dharma talks. Recommended for people who have some meditation experience and have attended an introductory mindfulness meditation course (or similar), as well as for experienced practitioners. Bring lunch.

## SCHEDULE pg. 3

**3-DAY WEEKEND NON-RESIDENTIAL RETREAT WITH TANYA WISER SEP 5–7 (FRIDAY – SUNDAY)** Together, we will cultivate wise and compassionate mindfulness—in silence and stillness, in community, and in the flow of daily life. Registration required—see the IMC calendar to register.

**LGBTQIA2S+ HALF-DAY RETREAT WITH TANYA WISER SATURDAY, SEP 20, 9:30AM TO 12:15PM.** Offers a welcoming space for those who identify as LGBTQIA2S+. A special opportunity for our community to come together in mindfulness, presence, and practice. Includes guided meditations, a silent sit, a short dharma talk, mindful activity, a group practice discussion, and time to enjoy lunch together. This is a chance to deepen your meditation practice, connect with fellow LGBTQIA2S+ sangha members, ask questions, and receive the support of spiritual community.

### 20's AND 30's PROGRAM

**AT HOME IN THE WORLD 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 the IMC 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 LGBTQIA2S+ community. Open to people who self-identify as LGBTQIA2S+ (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](mailto:imc-queersangha@gmail.com). The Zoom link will be sent separately. Guiding teacher Tanya Wiser.

### YOUTH & FAMILY PROGRAMS

**IN-PERSON AT IMC UNLESS OTHERWISE NOTED. CHECK IMC WEBSITE CALENDAR—MOST PROGRAMS PAUSE DURING THE SUMMER.**

**MINDFUL PARENTS LED BY LAUREN SILVER AND MELODY BAUMGARTNER. THIRD SUNDAY OF EACH MONTH IN-PERSON AT IMC, 11:30AM TO 1PM. MEETINGS RESUME IN OCTOBER** 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](mailto:melodybaumgartner@gmail.com).

**DHARMA SPROUTS (K–2ND GRADERS & THEIR PARENTS)** Led by Hilary Borison and Carla Rayacich. **FIRST SUNDAY OF EACH MONTH (EXCEPT MEETING ON JULY 13) 11:30AM TO 12:30PM.** Meditation and mindfulness practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Hilary at [IMC.familyprogram@gmail.com](mailto: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) THIRD SUNDAY OF EACH MONTH, 5 TO 6:15PM. MEETINGS RESUME IN SEPTEMBER.** 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 info, email Hilary at [IMC.familyprogram@gmail.com](mailto:IMC.familyprogram@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 7PM ON ZOOM. MEETINGS RESUME IN SEPTEMBER.** 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](mailto: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](mailto: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](mailto:stan.loll@gmail.com). See IMC website calendar for Zoom link.

### OTHER GROUPS

**CHECK THE IMC WEBSITE CALENDAR FOR ZOOM LINKS UNLESS 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 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](mailto:asianimc2020@gmail.com).



## SCHEDULE pg. 4

### **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](mailto: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. Anne Foster is acting as facilitator for our current book. Contact: [afoster@rawbw.com](mailto:afoster@rawbw.com). For info and Zoom link: go to the IMC website Calendar > Dharma Friends Events Calendar.

### **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 usually have an invited speaker and include a brief meditation, presentation, and group discussion. For info email [EarthCare.Dharma@gmail.com](mailto: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 calendar entry and fill out the short form to be added to the email list for class materials, and Zoom link). Join our dharma-based community of IMC seniors of all ages. 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. We practice once a month; basic ukulele instruction provided. Contact Martha at [marthachickerting@gmail.com](mailto: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 UNLESS OTHERWISE NOTED. MORE INFO, REGISTRATION AND ZOOM LINKS AT [SATI.ORG](http://SATI.ORG)**

### **ORIGINAL LOVE WORKSHOP WITH HENRY SHUKMAN**

**SAT, JUL 12, 9AM TO 12PM.** We will work through progressively deeper levels of allowing, welcoming and loving immediate experience as it is, guided by Henry's broad map of practice which identifies four key zones of development— Mindfulness, Connection, Flow, and Awakening.

### **FLOWING WISDOM, RIPPLES OF INSIGHT WITH YING CHEN, DAVID LOREY, DIANA CLARK, KIM ALLEN**

**SAT, JUL 19, 9AM TO 4PM • IN PERSON AT IMC**

Explores the rich metaphorical landscape of water as a powerful support for meditation and daily practice.

### **WISE LIVELIHOOD: LOOKING BEYOND THE FIVE JOBS TO AVOID WITH KERRY DUNN 2 SATURDAYS, JUL 26 & AUG 2, 9AM TO 12PM.**

Wise livelihood is often taught as an ethical practice, with a focus on the five job types to avoid. In contrast, this course will look at teachings from across the Pali canon to build a more dynamic relationship to this key path factor.

### **CONVERSATION WITH STEPHEN BATCHELOR & GIL FRONSDAL TUE, JUL 29, 9AM TO 10:30AM**

Stephen Batchelor and Gil Fronsdal will meet for a 90-minute online conversation to explore the themes of Stephen's upcoming book, *Buddha, Socrates, and Us: Ethical Living in Uncertain Times*.

### **RELAXING INTO BIG-HEARTED AWARENESS WITH DAWN NEAL SAT, AUG 16, 9AM TO 12PM.**

An exploration of open and loving awareness: we will cultivate kindness (Metta) to stabilize attention, then connect with the spacious and loving qualities of heart and mind. This practice combines approaches of Metta meditation with the wisdom awareness approach of Sayadaw U Tejaniya.

### **DAYLONG WITH THANISSARO BHIKKHU**

**SAT, SEP 13, 9AM TO 4PM**

In-person at the Insight Meditation Center and online via Zoom

## **TRAINING PROGRAMS**

### **BUDDHIST CHAPLAINCY TRAINING PROGRAMS**

**SEP 2025 – JUL 2026**

- In Person with Jennifer Block, Gil Fronsdal, and Paul Haller
  - On Zoom with Vanessa Able, Dawn Neal, And Trent Thornly
- 11-month trainings introducing, from a Buddhist perspective, spiritual care skills needed for being a chaplain, Buddhist teacher, or offering spiritual support to people in times of major life transitions and challenges.

### **ANUKAMPA PRACTICE PROGRAM WITH GIL FRONSDAL AND VANESSA ABLE. Aug 2025 To Jul 2026**

An 11-month program introducing foundational practices and values of spiritual caregiving found in Buddhism, and in the modern discipline of chaplaincy. More info can be found at [sati.org/anukampa-training-program/](http://sati.org/anukampa-training-program/)

## **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.