



# SCHEDULE OF EVENTS

October ~ November 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:

#### BASIC MEDITATION INSTRUCTION

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

## DAYLONG RETREATS

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

- Oct 18, 8:30am to 5pm, Silent Mindfulness with Gil Fronsdal
- Nov 8, 9:30am to 4:30pm, Metta for Mindfulness and Samadhi with Dawn Neal
- Nov 15, 9am to 4:30pm, Anapanasati—Knowing and Sensing the Breath with Kim Allen
- Nov 22, 9:30am to 4:30pm, Wise Speech with bruni dávila
- Dec 13, 8:30am to 5pm, Silent Mindfulness with bruni dávila

### SATURDAY ONLINE THRU IRC:

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

- Oct 11, 9am to 4:30pm, 1-day Daylong Online Retreat with Ying Chen
- Dec 20, 9am to 4:30pm, 1-day Daylong Online Retreat with bruni dávila

## 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).

- Oct 12–19, **1-WEEK INSIGHT RETREAT** with Diana Clark, Kim Allen, David Lorey, and Ying Chen (Retreat full; wait list open)
- Nov 30–Dec 7, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea with Liz Powell online practice support (Also Online) (Retreat full; wait list open)
- Dec 14–21, **1-WEEK INSIGHT SANTA CRUZ INSIGHT RETREAT** with Dawn Neal, Bob Stahl, and Mary Grace Orr

### 2026

- Jan 7–11, **5-DAY INSIGHT RETREAT** with Andrea Castillo and Kim Allen
- Feb 17–22, **6-DAY INSIGHT RETREAT FOR PEOPLE IN THEIR 20S AND 30S** with Matthew Brensilver and Max Erdstein—Reg opens 10/17/25
- Mar 1–8, **1-WEEK LGBTQIA+ INSIGHT RETREAT** with Gil Fronsdal and Francisco Morillo Gable—Reg opens 11/1/25
- Mar 15–22, **1-WEEK INSIGHT RETREAT** with Mei Elliott, Kodo Conlin, and Kirsten Rudestam—Reg opens 11/15/25
- Mar 29–Apr 5, **1-WEEK INSIGHT RETREAT** with Diana Clark, Kim Allen, Ying Chen, and David Lorey—Reg opens 11/29/25
- Apr 12–26, **2-WEEK INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Diana Clark (Also Online)—Reg opens 11/12/25

## IRC ONLINE RETREATS

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

- Oct 26–Nov 2, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Castillo; with Mei Elliott online practice support
- Nov 16–23, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and TBD; with Kodo Conlin online practice support
- Nov 30–Dec 7, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Fella; with Liz Powell online practice support

### 2026

- Jan 25–Feb 1, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal & Ines Freedman; Kim Allen online practice support—Reg opens 10/25/25

## SCHEDULE pg. 2

- Apr 12–26, **2-WEEK INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Diana Clark — Reg opens 12/12/25

### IRC OFFSITE RETREATS

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

- 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 • Oct 16–20, **5-DAY WOMEN'S RETREAT** with Tanya Wiser and Shelley Gault at Hidden Villa, Los Altos, CA. — (Retreat full; wait list open) For info: [insightretreatcenter.org/hidden-villa/](https://insightretreatcenter.org/hidden-villa/)
- May 23–28, 2026, **6-DAY INSIGHT MEDITATION RETREAT** with Matthew Brensilver and Dana DePalma at Big Springs Retreat Center outside of Sierra City, CA — Reg opens 1/23/26

### SERIES PROGRAMS

#### 2025 – 2026 EIGHTFOLD PATH PROGRAM WITH CHRIS CLIFFORD, LIZ POWELL & OTHERS

**ON ZOOM. 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.

**PREREQUISITE:** Completion of IMC's Introduction to Meditation course or equivalent. **REGISTRATION REQUIRED:** You will receive a Zoom link and course materials by email. Registration offers the option of being 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

**ON ZOOM • 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. This program allows experienced practitioners to delve into important ethical teachings of our Buddhist tradition within a community of other committed practitioners. Includes required bi-weekly readings and writing of short reflective essays monthly.

**PREREQUISITES:** At least four years of committed insight meditation practice, three seven-day (or longer) silent vipassana retreats, and completion of IMC's Eightfold Path Program or equivalent. Register on the IMC website: Programs >Special and Yearlong Programs.

### SPECIAL EVENTS

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

#### MATCHA MINDFULNESS: CULTIVATING SENSORY AWARENESS THROUGH THE WAY OF TEA

**WITH NANCY HAMILTON Sat, Oct 4, 10am to 12:15pm.** Join us for a traditional tea gathering at IMC. We will explore how mindful attention to sensory experience prepares the mind and heart for deep connection with our fellow participants, with the setting for tea, and with the objects we encounter along the way. Registration required—see the IMC calendar to register.

#### SILENT MINDFULNESS DAYLONG WITH GIL FRONSDAL

**Sat, Oct 18, 8:30am to 5pm.** Intended for those 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 practice interviews will be available with Gil. Bring lunch.

#### METTA FOR MINDFULNESS AND SAMADHI DAYLONG WITH DAWN NEAL Sat, Nov 8, 9:30am to 4:30pm.

We will explore how metta (loving kindness) can support mindfulness practice. Includes guided meditations, Dharma talks, and alternating periods of sitting and walking. With instructions on mindfulness of breathing, the body, and using metta to cultivate mindfulness and samadhi. An opportunity to practice with the IMC community, and ask Dawn questions. For beginners and those with more experience. Bring lunch.

#### ANAPANASATI—KNOWING AND SENSING THE BREATH DAYLONG WITH KIM ALLEN Sat, Nov 15, 9am to 4:30pm.

An opportunity to immerse in the simplicity and richness of the breath. Includes guided, silent and walking meditations, and dharma teachings. Classical instructions on mindfulness of breathing support the development of mindfulness and concentration. Individual practice discussions with Kim will be available. For those who are already familiar with mindfulness meditation. Bring lunch.

#### WISE SPEECH DAYLONG WITH BRUNI DÁVILA

**Sat, Nov 22, 9:30am to 4:30pm.** With mindfulness practice, we can learn to discern speech that gives rise to peace and wellbeing from that which does not. Includes silent and guided meditations, opportunities to practice mindful speaking with others, and a Dharma talk. Offers a chance to integrate skills of your practice that support speaking and developing stability of mind. An opportunity to practice in community, and ask bruni questions. For beginners and those with more experience. Bring lunch.

#### SILENT MINDFULNESS DAYLONG

**WITH BRUNI DÁVILA Sat, Dec 13, 8:30am to 5pm.**

Intended 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 practice interviews will be available with bruni. Bring lunch.



### 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**

**MINDFUL PARENTS** Led by Lauren Silver and Melody Baumgartner. **THIRD SUNDAY OF EACH MONTH IN-PERSON AT IMC, 11:30AM TO 1PM.** This year's theme is Anukampa (or compassionate care). 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 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.** 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.** 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).

**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)**

#### CARING FOR ANXIOUS MINDS: A CAREGIVER'S EXPERIENCE AS A JAIL CHAPLAIN WITH RAM APPALARAJU

**Sun, Oct 12, 9am to 10am.** Santa Clara County houses 2,500 – 3,000 inmates at any given time, who are either awaiting trial or going through a trial process. Ram will provide an overview of challenges faced by the incarcerated men and women, their spiritual needs, and the range of chaplaincy services that are offered by the ministry.

#### THE SURE HEART: EMOTION, HEALING, AND BUDDHIST PSYCHOLOGY WITH SEAN FEIT OAKES, PhD

**Five Thursdays, Oct 23 – Nov 20, 4pm to 5:30pm**

*Produced by New York Insight in collaboration with the Sati Center.* We'll look at the Buddha's teachings on emotion and healing, exploring how to bring mindfulness, insight, and skillful response to powerful states like love, fear, anger, and grief; weaving in supporting material from contemporary neuroscience and psychology.

### BUDDHIST SPIRITUAL CARE (CHAPLAINCY) FOR OUR TIMES WITH DAWN NEAL & KIRSTEN RUDESTAM

**Sat, Oct 25, 9:30am to 12:30pm.** A gathering with teachers from the Buddhist Chaplaincy Training (BCT) and Buddhist Eco-Chaplaincy (BEC) programs. Designed for students, program alumni, and all who are curious about chaplaincy rooted in Buddhist values. Offers an opportunity to explore the intersections between ecological and interpersonal forms of spiritual care.

### ASIAN LINEAGES OF OUR INSIGHT MEDITATION PRACTICES WITH GUY ARMSTRONG

**Sat, Nov 1, 9am to 12pm. In-person at IMC and on Zoom.** Insight meditation (vipassana) has been taught widely in the US since the mid-1970s. Our senior teachers have practiced and taught in a variety of styles, including those of Mahasi Sayadaw, Ajahn Chah, Dipama, Pa Auk Sayadaw, and others. We'll explore these teachers and their styles of vipassana practice.

### THIS WAS SAID: A PRACTICE-FOCUSED ENCOUNTER WITH THE ITIVUTTAKA WITH KODO CONLIN

**Sat, Nov 8, 9am to 12pm.** Short, poetic, and startlingly direct, the *Itivuttaka* is a collection of 112 suttas said to have been memorized and transmitted by the laywoman Khujjuttara. Together, these suttas cover a wide range of key Dharma topics. The *Itivuttaka* articulates a robust path of liberation in a distilled form. We'll meditate, closely examine the text, draw out themes, and reflect together on this concise expression of the path.

### TRAINING PROGRAMS

#### BUDDHIST CHAPLAINCY TRAINING PROGRAMS

**SEP 2025 – JUL 2026**

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.

- **IN PERSON** with Jennifer Block, Gil Fronsdal, and Paul Haller
- OR—
- **ON ZOOM** with Vanessa Able, Dawn Neal, and Trent Thornly

#### 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.