



SCHEDULE OF EVENTS

January ~ March 2026

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).

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 UNLESS OTHERWISE NOTED:

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.

- Wednesdays, Jan 14–Feb 11, 7 to 8:30pm, with Gil Fronsdal. In-person & YouTube
- Saturdays, Jan 31–Feb 28, 10 to 11:30am, with Mei Elliot. on Zoom
- Sundays, Mar 1–29, 1:30pm to 3pm, In Chinese, with Lydia Ridgway and Yanli Wang
- Wednesdays, Apr 15–May 13, 7 to 8:30pm, with Lydia Ridgway and Lauren Silver

INTRODUCTION TO MINDFULNESS MEDITATION

DAYLONG

- Saturday, Feb 14, 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:

- Jan 17, 8:30am to 5pm, **Mindfulness with Instruction** with Gil Fronsdal
- Jan 24, 9am to 4pm, **Speaking from the Heart** with Kim Allen, David Lorey, Ying Chen and Diana Clark
- Jan 31, 9:30am to 4pm, **Mindfulness of Breathing** with Kodo Conlin
- Feb 14, 9:30am to 4:30pm, **Introduction to Mindfulness Meditation** with bruni dávila

- Feb 21, 8:30am to 5pm, **Silent Mindfulness** with Gil Fronsdal
- Feb 28, 9:30am to 4pm, **Mindfulness of the Body** with Kodo Conlin
- Mar 14, 8:30am to 5pm, **Silent Mindfulness** with bruni dávila
- Mar 21, 9:30am to 4pm, **Mindfulness of Emotions** with Ying Chen
- Mar 28, 9:30am to 4:30pm, **Natural Intelligence** with Kim Allen
- Apr 25, 6am to 9pm, **Intensive** with bruni dávila
- May 2, 9:30am to 4pm, **Mindfulness of Thinking** with Kodo Conlin

SATURDAY ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Jan 17, 9am to 4pm, **Lovingkindness** with Matthew Brensilver
- Feb 21, 9am to 4pm, Retreat with Kim Allen
- Mar 14, 9am to 4:30pm, Retreat with Gil Fronsdal
- Apr 4, 9am to 4:30pm, Retreat with Kodo Conlin

SATURDAY HALF-DAY RETREATS

- Mar 7, 9am to 1pm, **Refining Our Meditation Practice** with Matthew Brensilver

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 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.

- Mar 1–8, **1-WEEK LGBTQIA+ INSIGHT RETREAT** with Gil Fronsdal and Francisco Morillo Gable
- Mar 15–22, **1-WEEK INSIGHT RETREAT** with Mei Elliott, Kodo Conlin, and Kirsten Rudestam
- Mar 29–Apr 5, **1-WEEK INSIGHT RETREAT** with Diana Clark, Kim Allen, Ying Chen, and David Lorey
- Apr 12–26, **2-WEEK INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Diana Clark (Also Online)
- May 3–10, **1-WEEK INSIGHT RETREAT** with bruni dávila and Liz Powell—Reg opens 1/3

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- May 24–31, **1-WEEK AWARENESS AND WISDOM RETREAT** with Andrea Fella and Alexis Santos (also Online)—Reg opens 1/24
- June 7–14, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Paul Haller (also Online)—Reg opens 2/7
- June 21–July 5, **2-WEEK MINDFULNESS OF MIND RETREAT FOR EXPERIENCED STUDENTS** with Andrea Fella—Reg opens 1/21

IRC ONLINE RETREATS

For information go to insightretreatcenter.org.

- Jan 25–Feb 1, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal & Ines Freedman; Kim Allen online practice support (waitlist open)
- Mar 25–29, **5-DAY INSIGHT RETREAT** with Ines Freedman & Shelley Gault
- Apr 12–26, **2-WEEK INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Diana Clark—Reg opens 2/12
- May 24–31, **1-WEEK AWARENESS & WISDOM RETREAT** with Andrea Fella & Alexis Santos, Online Practice Discussions with Liz Powell—Reg opens 2/24
- June 7–14, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Paul Haller, Online Practice Discussions with Kodo Conlin—Reg opens 3/7

IRC OFFSITE RETREATS

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

- May 13–20, **1-WEEK INSIGHT MEDITATION RETREAT** with Diana Clark, Kim Allen, David Lorey and Ying Chen at Big Springs Retreat Center outside of Sierra City, CA —Reg opens 1/13
- May 23–28, **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
- Jun 23–28, **6-DAY BIPOC NATURE DHARMA AND INSIGHT RETREAT** with Liên Shutt and Ram Appalaraju at Big Springs Retreat Center outside of Sierra City, CA—Reg opens 3/1
- Aug 1–8, **1-WEEK DHARMA IN NATURE, NATURE IN DHARMA** with Gil Fronsdal at Big Springs Retreat Center outside of Sierra City, CA—Reg opens 4/1

NON-IMC RETREATS WITH IMC TEACHERS

- Feb 4–6, **3-DAY NON-RESIDENTIAL RETREAT** with Kim Allen, David Lorey, Ying Chen and Diana Clark at Los Altos Community Center. Info: uncontrived.org/upcoming-teachings
- Feb 12–16, **5-DAY INSIGHT MEDITATION RETREAT** with Shelley Gault and Tanya Wiser. Offered by Open Door Sangha of Santa Barbara at Holy Spirit Retreat Center, Encino, CA. Info: opendoorsangha.org

NON-IMC ONLINE RETREATS WITH IMC TEACHERS

- Jan 22–25, **4-DAY LGBTQIA+ RETREAT** with Marjolein Janssen and Kirsten Rudestam, Info: brightdharma.org
- Mar 20–22, **3-DAY AWAKE AND AT EASE: A SPRING WEEKEND RETREAT** with Marjolein Janssen and Dawn Neal, Info: imcrva.org

SERIES PROGRAMS

AWAKE TOGETHER: THE MIDDLE WAY FOR THE MIDDLE OF LIFE: 5-MONTH SERIES FOR PEOPLE IN THEIR 30S AND 40S WITH MEI ELLIOTT AND KODO CONLIN

5 Sundays, Apr 5, May 24, Jun 21, Jul 19, & Aug 23. 1:30pm to 3:30pm. In-person. Includes meditation, Dharma talks, discussion and activities that support connection. Practices, readings and/or

brief written reflections to be completed in between meetings. Designed for those who wish to strengthen their practice, deepen their understanding, and form connections with others on the path. Please attend all sessions—the first class is required. Registration will be closed once it begins.



SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

A FOUNDATION IN FREEDOM: PROGRESSIVE INSTRUCTION IN MINDFULNESS MEDITATION SERIES WITH KODO CONLIN AND YING CHEN

4 Saturdays, Jan 31, Feb 28, Mar 21, & May 2: 9:30am to 4pm.

Four daylongs to promote clarity and mindfulness. Each day will include guided, silent and walking meditations, short Dharma talks, and discussion. Recordings will be available for review and practice between sessions. Participation in all four days is recommended, but not required. For both beginners and experienced practitioners. Bring lunch. **JAN 31: MINDFULNESS OF BREATHING; FEB 28: MINDFULNESS OF THE BODY; MAR 21: MINDFULNESS OF EMOTIONS; MAY 2: MINDFULNESS OF THINKING**

MINDFULNESS DAYLONG WITH INSTRUCTION WITH GIL FRONSDAL Sat, Jan 17, 8:30am to 5pm. Recommended for both beginners and experienced practitioners, instruction will be given. Includes alternating periods of sitting and walking meditation with a Dharma talk at the end of the day. Bring lunch.

SPEAKING FROM THE HEART DAYLONG WITH KIM ALLEN, DAVID LOREY, YING CHEN AND DIANA CLARK

Sat, Jan 24, 9am to 4pm. The day will focus on Wise Speech. The Buddha encourages us to speak from the heart in ways that support our practice and our engagement with the world. Includes periods of sitting meditation, teachings, small group discussion, and Q&A. Intended for people who already understand the basic practice of mindfulness meditation. Bring lunch.

INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG WITH BRUNI DÁVILA

Sat, Feb 14, 9:30am to 4:30pm. Includes guided meditations, Dharma talks, and alternating periods of sitting and walking. Instructions on mindfulness of breathing, body, emotions, thoughts, and open attention will be provided. 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.

SILENT MINDFULNESS DAYLONG WITH GIL FRONSDAL

Sat, Feb 21, 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.

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REFINING OUR MEDITATION PRACTICE HALF-DAY WITH

MATTHEW BRENSILVER Sat, Mar 7, 9am to 1pm. Meditation is a subtle art, and even seemingly simple instructions are easy to misunderstand or misapply. We are always discovering how to practice. Provides a framework for understanding how practices relate to each other and the value of experimentation in practice. Intended for both beginners and experienced practitioners.

SILENT MINDFULNESS DAYLONG WITH BRUNI DÁVILA

Sat, Mar 14, 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.

NATURAL INTELLIGENCE DAYLONG WITH KIM ALLEN

Sat, Mar 28, 9:30am to 4:30pm. Meditation can help us attune to a natural intelligence that resides within, including both wisdom and heart qualities. Includes alternating periods of sitting and walking, guided meditations, Dharma talks, and contemplation. For those who are already familiar with basic mindfulness instructions. 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. 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.

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 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 Lily Pan and Hilary Borison. **THIRD SUNDAY OF EACH MONTH, 4:30 TO 6PM.** 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. Info: 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 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 Buddha's teachings. Includes 15-20 minutes of sitting meditation, a short talk on Dharma and Recovery followed by open discussion. Everyone is welcome. Peer-led group. 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. Provides 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.

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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. Anne Foster is acting as facilitator for our current book. Contact: 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.

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.

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)

THE FIVE HINDRANCES AS A FOUNDATION FOR MINDFULNESS: A PRACTICAL APPROACH

WITH BHIKKHUNI DHAMMADINNA SAT, JAN 17, 9AM TO 12PM.

Presents a practical approach to working with the five hindrances, grounded in the teachings of early Buddhism. Explores

resources—both meditative and related to daily life—aimed at cultivating awareness of how to work with the hindrances as one of the four establishments of mindfulness or presence.

FOCUSING ON WHAT MATTERS: PRACTICES IN MINDFUL COMMUNICATION WITH LILY HUANG

SUN, JAN 18, 9AM TO 10AM. This introduction to Nonviolent Communication (NVC) explores ways to live the Buddha's guidance on Wise Speech. Examines how the practice of NVC offers tools to bring more awareness, connection, and wisdom into our life and all our relationships.

MINDFULNESS AT HOME: SPRING CLEANING FOR THE HEART WITH RACHEL LEWIS SAT, FEB 7, 9AM TO 12PM.

The early days of spring are a time of renewal. In this mini-retreat, we'll take time for purification, both inner and outer. Includes periods of formal practice and intervals of mindful movement in the form of housework.

THROUGH THE SENSES: POETRY, DHARMA, AND OUR HUMAN HEART WITH VANESSA ABLE

AN EXPLORATION OF POETRY, MEDITATION, AND WRITING PRACTICE. 6 MONDAYS, FEB 16 – MAR 23, 8AM TO 10AM. Explores universal human themes—love, loss, friendship, memory, joy, suffering, stillness, nature—through the lenses of Dharma, poetry and meditative awareness. By the end, participants will have created a body of original poems or prose, written through the senses, reflecting their own Dharma journey. Open to all.

SEE FOR YOURSELF: EXPERIENCING WISDOM IN LIFE

WITH KIM ALLEN 4 WEDNESDAYS, FEB 25 – MAR 18, 7PM TO 8:30PM.

Explores ways to recognize and deepen the Dharma wisdom already present in life so that it can be applied to benefit ourselves and others. Includes readings from the suttas and contemporary sources, meditation, teachings, and group discussion.

THE SIX SENSE BASES: CLARITY AND WISDOM WITH LEIGH BRASINGTON AND KIM ALLEN FRI, MAR 20: 7 TO 9PM; SAT, MAR 21:

9AM TO 5PM; SUN, MAR 22: 9AM TO 1PM. The Buddha pointed out how prone we are to attachment around sense experience. Includes alternating sitting and walking practice, guided by a range of instructions and teachings from the suttas about the sense bases.

CERTIFICATE PROGRAMS

Sati Center now offers two certificate programs in Buddhist Studies. More info can be found at sati.org/certificate-programs/

- Theravada Buddhist Studies
- Buddhist Spiritual Care

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.