



# SCHEDULE OF EVENTS

July ~ September 2026

## WEEKLY MEDITATION & TALKS

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

### 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).

### THURSDAY EVENING MEDITATING IN COMMUNITY

With local IMC Dharma leaders, 6:30 to 8pm starting July 23. Includes sharing reflections on our practice; guided meditation, a dharma talk, and group discussions.

### SUNDAY MORNING SITTING 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

### MONDAY EVENING SITTING AND TALK IN BERKELEY

With Yanli Wang and Lily Huang or guest teachers, 7 to 8:30pm. A sitting, Dharma talk, and small and large group discussions. At Berkeley Finnish Hall Meeting Room (1970 Chestnut St, Berkeley, CA)

## 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.

- Thursdays, Jul 23 – Aug 20, 6:30 to 8pm with Lish Dorosin and Doug Wiebe

### INTRODUCTION MINDFULNESS MEDITATION DAYLONG

- Saturday, Jul 25, 9:30am to 4:30pm, with Liên Shutt

### BASIC MEDITATION INSTRUCTION

- Wednesday mornings 8:15 to 9am

## DAYLONG RETREATS

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

- Jul 18, 9:30am to 4:30pm, **SILENT MINDFULNESS DAYLONG** with Dawn Neal
- Jul 25, 9:30am to 4:30pm, **INTRODUCTION TO MINDFULNESS MEDITATION** with Liên Shutt
- Aug 22, 8:30am to 5pm, **SILENT MINDFULNESS DAYLONG** with Gil Fronsdal
- Sep 26, 9am to 4:30pm, **REFUGE IN TIMES LIKE THESE DAYLONG** with Thina Ollier and Lauren Silver

**ON SATURDAY, IN-PERSON IN BERKELEY:**

- Aug 22, 9:45am to 4pm, **A Day of Lovingkindness Practice** with Matthew Brensilver. Registration required. For registration and accessibility information: [insightretreatcenter.org/offsite-retreats/](https://insightretreatcenter.org/offsite-retreats/)

**SATURDAY ONLINE THRU IRC:**

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

- Jul 18, 9am to 4:30pm, **Receptive Awareness** with Andrea Fella
- Oct 3, 9am to 4:30pm, Daylong with Diana Clark—Reg opens 7/3
- Nov 7, 9am to 4:30 pm, Daylong with Ying Chen—Reg opens 8/7
- Dec 12, 9am to 4:30 pm, Daylong with bruni dávila—Reg opens 9/12

## 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. With meditation, teachings, and discussions on practicing mindfulness in meditation and daily life. On Zoom.
- **MARTES DHARMA EN ESPAÑOL** con Andrea Castillo, Sandra Sanabria y otros, 6 a 7:15pm. Meditación y pláticas de Dharma en Español. En Zoom.
- **WEDNESDAY SITTING AND DHARMETTE** with Matthew Brensilver, 7:30 to 8:15pm. On YouTube and Zoom.
- **THURSDAY EVENING MEDITATION AND TALK**, with Liz Powell, and others, 7:30 to 8:30pm. A sitting followed by a short reflection and discussion. On Zoom.
- **DOMINGOS: RAÍCES COMPARTIDAS EN EL DHAMMA** 7 a 8 am en zoom

## RESIDENTIAL RETREATS AT IRC

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

- Jul 12–19, **1-WEEK INSIGHT RETREAT IN SPANISH** (Español) with Andrea Castillo and David Lorey
- Oct 8–11, **4-DAY INSIGHT RETREAT** with Max Erdstein and Ines Freedman
- Oct 18–25, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Mei Elliot, and Kodo Conlin
- Oct 30–Nov 2, **4-DAY INSIGHT RETREAT FOR PEOPLE IN THEIR 20S AND 30S** with Max Erdstein and Matthew Brensilver—Reg opens 7/30
- Nov 15–22, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Matthew Brensilver—Reg opens 7/15
- Nov 29–Dec 6, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Fella—Reg opens 7/29
- Dec 13–20, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Liz Powell—Reg opens 8/13

### IRC ONLINE (HYBRID) RETREATS

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

- Aug 30–Sep 26, **28-DAY INSIGHT RETREAT** with Gil Fronsdal; Online Practice Discussions with Ines Freedman
- Oct 18–25, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Mei Elliot, and Kodo Conlin Online Practice Discussions with Ying Chen—Reg opens 7/18
- Nov 15–22, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Matthew Brensilver Online Practice Discussions with Kristen Rudestam—Reg opens 8/15
- Nov 29–Dec 6, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Fella Online Practice Discussions with Shelley Gault & Tanya Wisner—Reg opens 8/29

### IRC OFFSITE RETREATS

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

- Jul 12–19, **1-WEEK LISTEN, HEART, PEACE** with Kim Allen and Diana Clark, at Big Bear Retreat Center, Big Bear CA
- Oct 25–29, **5-DAY INSIGHT MEDITATION RETREAT** with Diana Clark, Kim Allen, David Lorey, & Ying Chen at Hidden Villa Retreat Center, Los Altos Hills, CA. For info: [insightretreatcenter.org/hidden-villa](https://insightretreatcenter.org/hidden-villa)—Reg opens 7/1/26

### SERIES PROGRAMS

#### 2026-2027 EIGHTFOLD PATH PROGRAM WITH LYDIA RIDGWAY AND YANLI WANG (IN-PERSON), AND THINA OLLIER AND JANEL CROOKS (ZOOM) & GUEST TEACHERS

**In-person and Zoom: Sundays 1pm to 3:30pm, 2026: Oct 4, Oct 11, Nov 8, Dec 6; 2027: Jan 10, Feb 14, Mar 14, Apr 11, May 9, June 13**

The Buddha's most explicit path of practice is the Eightfold Path—a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. 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. The in-person and online versions of the program will occur in parallel at the same time. Please register for only one on the IMC website: Programs > Special and Yearlong Programs. Mentoring slots may fill up. Apply before Aug 15 to be matched with a mentor.

Questions: [eightfoldpath@insightmeditationcenter.org](mailto:eightfoldpath@insightmeditationcenter.org)

#### 2026-2027 DEEPENING MEDITATION PROGRAM WITH GIL FRONSDAL

**On Zoom: Usually Fridays, 9am to 3:30pm, 2026: Oct 2 (9am to 1:30 pm), Nov 6, Dec 14 (Monday); 2027: Jan 14 & 15, Feb 12, Mar 12, Apr 8 (Thursday), May 21. Optional DMP online retreat: Mar 13-16; 9am to 4pm each day**

An eight-month program giving experienced practitioners the opportunity to delve into meditation practice and the Buddhist teachings and instructions for meditation. We will utilize *Anapanasati* (mindfulness of breathing) as the reference for delving into practices and states of meditation related to the deepening of mindfulness, concentration, and insight. We will also consider the supports and challenges to meditation, and the experi-

ences and insights emphasized in traditional Vipassana practice. Includes monthly group meetings, readings, short reflective writing assignments, and an optional three-day online retreat

**PREREQUISITES:** Three years of regular insight meditation practice, two seven-day (or longer) silent insight meditation retreats, and completion of the IMC Eightfold Path Program or equivalent. Apply on the IMC website: Programs > Special and Yearlong Programs. Applications due by Sep 1. Notification of acceptance and Zoom link by Sep 14.



### SPECIAL EVENTS

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

#### SILENT MINDFULNESS DAYLONG WITH DAWN NEAL

**Sat, Jul 18, 9:30am to 4:30pm.** 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 Dawn. Bring lunch.

#### SIT AND TEA WITH GIL

**Thu, Jul 23, 4 to 5:15pm.** Everyone is welcome to a 30-minute meditation followed by a 45-minute informal tea and open discussion with Gil Fronsdal.

#### INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG RETREAT WITH LIÊN SHUTT

**Sat, Jul 25, 9:30am to 4:30pm.** Includes guided meditation, alternating periods of sitting and walking meditation and Dharma talks. Instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention 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.

#### IN CHINESE: A JOURNEY INTO THE HEART'S NATURAL QUALITIES SERIES WITH LYDIA RIDGWAY AND YANLI WANG

**Sun, Jul 26, 1:30pm to 3pm (last in a 4-part series).** The Brahmaviharas—often translated as the “Divine Abodes”—are four beautiful qualities of the heart taught by the Buddha: loving-kindness, compassion, appreciative joy, and equanimity. These qualities are capacities we can gently uncover and strengthen through mindful awareness and practice.

#### SILENT MINDFULNESS DAYLONG WITH GIL FRONSDAL

**Sat, Aug 22, 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.

## SCHEDULE PG. 3

### THE BODY & HEART AT THE CENTER WITH TANYA WISER AND SHELLEY GAULT — A 3-DAY NON-RESIDENTIAL RETREAT

**Fri, Jul 31, 5:30pm to 8pm; Sat, Aug 1, 8:30am to 8pm; Sun, Aug 2, 8:30am to 4pm. In-Person at IMC.** Registration required.

Look for article in this newsletter. For information and registration: see the event on IMC's website Calendar.

### A DAY OF LOVINGKINDNESS PRACTICE WITH MATTHEW

**BRENSILVER Sat, Aug 22, 9:45am to 4pm** at Fellowship Hall, Berkeley Fellowship of Unitarian Universalists, 1924 Cedar St, Berkeley, CA. We will explore the boundless friendliness of *metta* and the ways that it is both the path and the fruit of meditation practice. Includes guided and silent sitting and walking meditation, a dharma talk, and an opportunity to ask questions. All are welcome. Registration required: For registration and accessibility info see [insightretreatcenter.org/offsite-retreats/](https://insightretreatcenter.org/offsite-retreats/)

### IMC COMMUNITY MEETING WITH GIL

**Sun, Aug 23, 11am to 12pm.** Everyone is welcome to an in-person discussion on the state of IMC and questions and concerns you may have. Follows the usual Sunday morning schedule.

### REFUGE IN TIMES LIKE THESE DAYLONG WITH THINA

**OLLIER AND LAUREN SILVER Sat, Sep 26, 9am to 4:30pm** Intended for those who already understand the basic practice of mindfulness. Provides teachings on "going for refuge," one of the foundations for all Buddhist practice. Includes guided, silent and walking meditation, dharma talks, and time for Q&A. Practice discussions with the teachers will be available. Bring lunch.

## 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 SEPTEMBER)** 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)** Led by Lily Pan and Hilary Borison.

**THIRD SUNDAY OF EACH MONTH, 4:30 TO 6PM (MEETINGS RESUME IN AUGUST).** 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. Please sign up at least two days before the event. Info: [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, 5PM ON ZOOM. (MEETINGS RESUME IN OCTOBER)**

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.

## 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.

## 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 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.

## SCHEDULE PG. 4

**BIPOC SITTING GROUP WITH LILY HUANG** In-person at IMC: **1st Sundays of each month, 5 to 6:30pm.** Open to those who identify as Black, Indigenous, or Person of Color. Includes a guided meditation, a brief Dharma talk, community check-ins, and group discussion. A supportive and nourishing environment for BIPOC folks to practice and grow on the path together.

**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](mailto:asianimc2020@gmail.com).

**WOMEN'S CIRCLE OF MINDFULNESS WITH HILARY BORISON.** **THURSDAYS, 11AM TO 12PM. USUALLY ON ZOOM; IN-PERSON AT IMC ONCE A MONTH; PLEASE CHECK THE IMC WEBSITE CALENDAR FOR DETAILS.** 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 10:50AM 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)**

**DISPELLING DELUSION: EXPLORING THE VIPALLASAS THROUGH EARLY BUDDHIST POETRY WITH AYYA SANTUSSIKA** **SUN, AUG 9, 9AM TO 12PM**

There are four *vipallasas*, (distortions) that cause most of our misapprehensions of reality. Dispelling these distortions leads to awakening, seeing the way things actually are. We will explore early Buddhist poetry that describes this breakthrough to enable us to do that same work.

**DANA AND RENUNCIATION AS POLITICAL PRACTICE WITH SEAN OAKES** **SAT, SEP 12, 9AM TO 12PM**

**THERAVADA BUDDHISM WITH DR. ALEX RUIZ-FALQUÉS** **4 FRIDAYS, OCT 2 – 23, 8 TO 9:30AM.** Four-week introductory course on Theravada Buddhism, the only living Buddhist tradition that preserves and transmits the earliest strata of Buddhist thought in an unbroken lineage. Covers history, literature, philosophy and meditation.

**THANISSARO BHIKKHU DAYLONG** **SAT, OCT 10, 9AM TO 4PM IN-PERSON AT IMC AND ON ZOOM**

## CERTIFICATE PROGRAMS

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

## BUDDHIST CHAPLAINCY & SPIRITUAL CARE

- **INTRODUCTION TO BUDDHIST CHAPLAINCY** with Paul Haller, Jennifer Block, and Gil Fronsdal **SEP 2026–JUL 2027**
- **ONLINE INTRODUCTION TO BUDDHIST CHAPLAINCY** with Vanessa Able, Trent Thornley, and Dawn Neal **AUG 2026–JUL 2027**
- **ANUKAMPA PROGRAM: THE SPIRITUALITY OF CARE AND FREEDOM** with Vanessa Able and Gil Fronsdal **AUG 2026–JUN 2027**