



SCHEDULE OF EVENTS

October ~ December 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).

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:

BASIC MEDITATION INSTRUCTION

- Wednesday mornings 8:15 to 9am

DAYLONG RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- Oct 24, 9:30am to 4:30pm, **A DAY OF PRESENCE, POETRY, AND PRACTICE** with Diana Clark and Walt Opie
- Oct 31, 9:30am to 4:30pm, **MINDFULNESS OF BODY & HEART-MIND WHILE SPEAKING** with Tanya Wiser
- Nov 7, 8:30am to 5pm, **SILENT MINDFULNESS** with Gil Fronsdal
- Nov 21, 9:30am to 4:30pm, **MINDFULNESS PRACTICE WITH KNOWING, ALLOWING, SENSING, AND CALMING** with Tanya Wiser and Shelley Gault
- Dec 12, 9am to 4pm, **EMBODIED PRESENCE** with Kim Allen

SATURDAY ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Oct 3, 9am to 4:30pm, Daylong with Diana Clark
- Nov 7, 9am to 4:30 pm, Daylong with Ying Chen
- Dec 12, 9am to 4:30 pm, Daylong 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. 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.
- **DOMINGOS: RAÍCES COMPARTIDAS EN EL DHAMMA** 7 a 8 am en zoom

RESIDENTIAL RETREATS AT IRC

For information go to insightretreatcenter.org.

- Oct 30–Nov 2, **4-DAY INSIGHT RETREAT FOR PEOPLE IN THEIR 20s AND 30s** with Max Erdstein and Matthew Brensilver (Retreat Full; Wait List Open)
- Dec 13–20, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Liz Powell
- Jan 13–18, **6-DAY LGBTQIA+ INSIGHT RETREAT** with bruni dávila and Marjolein Janssen
- Jan 24–31, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Liên Shutt
- Feb 14–21, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kim Allen—Reg opens 10/14/26
- Feb 28–Mar 7, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Liz Powell—Reg opens 10/28/26
- Mar 14–21, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kaira Jewel Lingo—Reg opens 11/14/26
- Mar 28–Apr 6, **10-DAY AWARENESS AND WISDOM RETREAT** with Andrea Fella and Dawn Neal—Reg opens 11/28/26
- Apr 13–18, **6-DAY INSIGHT RETREAT** with Ines Freedman and Shelley Gault—Reg opens 12/13/26
- Apr 25–May 9, **2-WEEK INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Diana Clark—Reg opens 11/25/26

IRC ONLINE (HYBRID) RETREATS

Retreats are Hybrid unless otherwise noted. For information go to insightretreatcenter.org.

- Oct 18–25, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Mei Elliot, and Kodo Conlin; Online Practice Discussions with Ying Chen



SCHEDULE pg. 2

- Nov 15–22, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Matthew Brensilver Online Practice Discussions with Kristen Rudestam (Auditor spaces available)
- Nov 29–Dec 6, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Fella Online Practice Discussions with Shelley Gault & Tanya Wiser
- Feb 14–21, 2027, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kim Allen, Online Practice Discussions with Shelley Gault—Reg opens 11/14/26
- Mar 14–21, 2027, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kaira Jewel Lingo, Online Practice Discussions with Ying Chen—Reg opens 12/14/26
- Apr 15–18, 2027, **4-DAY ONLINE INSIGHT RETREAT** with Ying Chen and Francisco Morillo Gable—**Online only**—Reg opens 12/15/26
- Apr 25–May 9, 2027, **2-WEEK INSIGHT RETREAT** with Gil Fronsdal, Online Practice Discussions with Diana Clark—Reg opens 12/25/26

IRC OFFSITE RETREATS

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

- 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

NON-IMC RETREATS WITH IMC TEACHERS

- Oct 19–24, **5-NIGHT THE BODY AS A DHARMA GATEWAY** with Dawn Neal and Kim Allen, Quaker Center, Ben Lomond, CA. For info: insightsantacruz.org/residential-retreats/

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. Questions: 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 (Mon); 2027: Feb 12, Mar 12, Apr 8 (Thu), May 21. Optional Retreat Jan 14 & 15 (Thu & Fri)

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.

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.

TUESDAY EVENING SITTING & DHARMA TALK SERIES

7 to 8:15pm. On Zoom.

- Sep 29–Nov 3 — The Five Daily Remembrances
- Nov 10–Dec 29 — The Seven Factors of Awakening

SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

A DAY OF PRESENCE, POETRY, AND PRACTICE WITH DIANA CLARK AND WALT OPIE Sat Oct 24, 9:30am to 4:30pm.

At the heart of Dharma practice is the invitation to be present for our lives, not only for what is pleasant or easily understood, but also for what is uncertain, painful, beautiful, or beyond words. Poetry can help us enter this territory gently. A poem may offer no solution, yet still bring recognition, companionship, and a subtle shift in how we see. We will meditate together and reflect on poems that have opened something in us. Bring lunch.

MINDFULNESS OF BODY AND HEART-MIND WHILE

SPEAKING WITH TANYA WISER Sat, Oct 31, 9:30am to 4:30pm.

Mindfulness while speaking can be supported by grounding in the body, and stabilized by an open, receptive heart. Includes guided meditations, dharma talks, silent sitting, and walking meditation. Includes structured small-group practice sessions designed to deepen the direct experience of speaking from embodied awareness and connection to the clarity and tone of citta (heart-mind). For both beginners and experienced practitioners. Bring lunch.

SILENT MINDFULNESS DAYLONG WITH GIL FRONSDAL

Sat, Nov 7, 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.

MINDFULNESS PRACTICE WITH KNOWING, ALLOWING, SENSING, AND CALMING DAYLONG WITH TANYA WISER

AND SHELLEY GAULT Sat, Nov 21, 9:30am to 4:30pm.

Explores how mindful awareness can be cultivated through attending to the physical body with the support of a caring heart. We will develop our capacity to know and sense physical experience directly and to calm the body and mind. Includes guided meditation instructions, silent sitting and walking periods, dharma talks, and small group practice discussions with the teachers. For new and experienced practitioners. Bring lunch.

EMBODIED PRESENCE DAYLONG WITH KIM ALLEN

Sat, Dec 12, 9am to 4pm. Explores practices based in Buddhist teachings that help us connect with the body, experience it fresh-

SCHEDULE pg. 3

ly, and invite liberating wisdom and compassion to emerge. Includes guided and silent meditations, Dharma teachings, and walking meditation. Offers an opportunity to sign up for practice discussions with Kim. For beginners and those with more experience. 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** This year, we'll be working with *Taking Our Places: The Buddhist Path to Truly Growing Up*, by Norman Fischer, exploring a chapter each month. 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. Please 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, 5PM 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.

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).** **IN-PERSON AT IMC.** 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 those in their 20s/30s are welcome to join us.

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.

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.

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.

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.

SCHEDULE PG. 4

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 AND FIONA BARNER

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 10:50AM 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)

THE BUDDHA'S EXPERIENTIAL ALTERNATIVE TO THE BRAHMANICAL "SELF" WITH GIL FRONSDAL

Thu, Oct 1, 3:30 to 4:30pm

THERAVADA BUDDHISM WITH DR. ALEX RUIZ-FALQUÉS

4 Fridays, Oct 2 to 23, 8 to 9:30am.

ECO-CHAPLAINS MULTI-FAITH CONFERENCE: CARE, COMMUNITY, AND SPIRITUAL RESPONSE IN A TIME OF ECOLOGICAL CRISIS

Sat, Oct 3, 9am to 5pm, In-person at IMC

BUDDHIST CHAPLAINCY SPEAKER SERIES: SEEN AND UNSEEN: RACE, BELONGING, AND THE BLACK BUDDHIST CHAPLAIN WITH KAREN NELSON VILLANUEVA

Sun, Oct 4, 9 to 10am

THE FOUNDATIONS OF BUDDHIST CHAPLAINCY: PRIMARY CONCEPTS AND PRACTICES IN SPIRITUAL CARE WITH VANESSA ABLE

6 Mondays, Sep 7 – Oct 12, 9am to 11:30am

INFORMATION SESSION — BUDDHIST CHAPLAINCY FOR THE INCARCERATED PROGRAM

Sun, Oct 11, 9 to 10:30am

THERIGATHA: THE POETRY OF THE ENLIGHTENED NUNS

WITH GIL FRONSDAL 4 Thursdays, Oct 15, 29, Nov 5, 12, 3:30 to 4:30pm

VISIONS OF FREEDOM: RECOLLECTING THE BUDDHA'S DISCIPLES AND THEIR TEACHINGS WITH KIM ALLEN

Sat, Oct 17, 9am to 12pm

BALANCING ACTIVE AND RECEPTIVE MINDFULNESS WITH REBECCA BRADSHAW

Sat, Oct 24, 9:30 to 11:30am

CASTE, CLASS, AND LIBERATION: WHO GETS TO PRACTICE THE DHAMMA? WITH SEAN OAKES

5 Tuesdays, Oct 27 – Nov 24, 4 to 5:30pm

THE STORY OF ANGULIMALA: THE TRANSFORMATION OF A MURDERER WITH ANDREA FELLA

2 Saturdays, Nov 14, 21, 10am to 12pm

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.

TRAINING PROGRAMS

Jan – Dec 2027 BUDDHIST CHAPLAINCY FOR THE INCARCERATED

For more info: sati.org/chaplaincy/bchip/

A 12-month program in Buddhist spiritual care in jail, prison and rehabilitation centers. Information Session on Zoom: Sun, Oct 11, 9 to 10:30am. For event info: sati.org/events/

