



ONLINE	<b>Introduction to Insight Dialogue</b>	Rachel Hammerman	Jan 4, 11, 18, 25, 6-8pm
ONLINE	<b>New Year's Retreat: Joy &amp; Generosity</b>	Mona Chopra	Jan 6, 10am-1pm
ONLINE	<b>Get Your Sit Together</b>	Bodhipaksa	Jan 8, 15, 22, 29, 7-8:30pm
ONLINE	<b>Six Week Beginner Course</b>	Lani Miller	Jan 9, 16, 23, 30, Feb, 6, 13, 7-9pm
ONLINE	<b>Mindful Eating for 2024*</b>	Laurence Magro & Nancy Logue	Jan 11, 18, 25, Feb 1, 8, 15, 6:30-8pm
ONLINE	<b>Back to Basics</b>	Bart van Melik	Jan 12, 19, 26, and continuing
ONLINE	<b>To Be Happier, Reflect on Finitude</b>	Nikki Mirghafori	Jan 13, 10am-1pm
ONLINE	<b>Audacity: Your Gateway to Freedom</b>	nico hase	Jan 20, 10am-4pm
ONLINE	<b>Interpersonal Mindfulness*</b>	Elaine Retholtz	Jan 22-Mar 25, 9:15-11:45am
ONLINE	<b>Book Club</b>	Wildecy de Fátima Jury	Jan 26, Feb 23, and continuing
ONLINE	<b>The Power of Sangha: For BIPOC Community</b>	Wildecy de Fátima Jury and Gayah (Imani) Gillson	Feb 3 and 10, 1-5:30pm
ONLINE	<b>Reality: Hidden in Plain Sight</b>	Bodhipaksa	Feb 17, 10am-1pm
IN-PERSON	<b>Contemplative Practices to Meet a World in Crisis</b>	Oren Jay Sofer	Feb 19, 1-4:30pm
ONLINE	<b>What is the Good Life?</b>	Seth Zuiho Segall	Feb 22, 7-8:30pm
IN-PERSON	<b>Partnership as Path</b>	devon & nico hase	Feb 23, 7-9pm, Feb 24, 10am-4pm
ONLINE	<b>Meditation in Real Life</b>	Sharon Salzberg	Feb 27, 7-8:15pm
IN-PERSON	<b>How We Can Rest, Simplify, and Let Go</b>	kaira jewel lingo	Mar 2, 10am-4pm
IN-PERSON	<b>Love Like a Buddha</b>	Kimberly Brown	Mar 7, 6:30-8:30pm
ONLINE	<b>Becoming Your Love: The Brahma Viharas</b>	Amanda Gilbert	Mar 9, 1p-4pm
ONLINE	<b>Creativity and Meditation</b>	Lani Miller	Mar 12, 19, 26, Apr 2, 7-9pm
IN-PERSON	<b>How Civilizations Heal: The Alchemy of the 3 Poisons</b>	Leslie Booker	Mar 16, 10am-4pm
IN-PERSON	<b>Being a Force for Good in the World</b>	Kimberly Brown	Mar 30, 10a-1pm
ONLINE	<b>What's Vedanā Got to Do With It?</b>	Elaine Retholtz	Apr 1-May 13, 9:30-11:30am
ONLINE	<b>Truthfulness: For LGBTQIA+ and Allies</b>	Wildecy de Fátima Jury and Gayah (Imani) Gillson	April 4, 11, 18, 25, 7-9pm
ONLINE	<b>Introduction to the Four Noble Truths</b>	Amy Selzer & Nancy Glimm	Apr 6, 13, 20, 27, 10am-1pm
ONLINE	<b>AI, Ethics, Compassion, and the Path Ahead</b>	Nikki Mirghafori	Apr 9, 7-8:30pm
IN-PERSON	<b>Earth Day: The Wheel of Climate Emotions</b>	Anya Kamenetz & Jay Michaelson	Apr 22, 7-8:30pm
IN-PERSON	<b>Urban Farm Ecodharma</b>	Lin-Wang Gordon	Five days, Apr-Aug
ONLINE	<b>Liberation through Relationship: The Four Wise Efforts</b>	Leslie Booker & Kate Johnson	May 2-23, 7-8:30pm

## MINDFULNESS-BASED STRESS REDUCTION

IN-PERSON	<b>Mindfulness-Based Stress Reduction*</b>	Elaine Retholtz	Jan 17-Mar 13, 9:30am-12pm
IN-PERSON	<b>Mindfulness-Based Stress Reduction*</b>	Jon Aaron	Jan 16-Mar 12, 630-9pm

\*Also includes additional components—please consult the online listings for full details

## Sanghas (\* = In-person)

**Community Meditation Gatherings\*** Every Wednesday, 6:30-8:30pm

**Aging As a Spiritual Practice** Every Tuesday, 1-2:30pm

**POC Sangha** First and Third Mondays, 7-8:30pm

**Brooklyn Sangha** Every Tuesday, 7-8:30pm

**Dedicated Practice Sangha** Every Sunday, 6-8pm

**Dharma on the Path of Recovery** First Monday, 7-9pm

**Generation Meditation\*** Second Mondays, 7-8:45pm

**Harlem Insight** Every Thursday, 7:30-8:45pm

**Insight Out Refuge: LGBTQI Sangha\*** Fourth Mondays, 6:30-8:30pm

**Queens Sangha** Every Monday, 7-9pm

**Sacred Earth Sangha\*** Periodic

**Sangha Latinx** Second Sundays, 11:30a-1pm

**Secular Sangha** Second Mondays, 6:30-8pm

**Thursday Peer-Led Sitting** Every Thursday, 7-9pm