



IN-PERSON	Being a Force for Good in the World	Kimberly Brown	March 30, 10am–1pm
ONLINE	What's Vedanā Got to Do With It?	Elaine Retholtz	April 1 - May 13; 9:30am-11:30am
ONLINE	Truthfulness: For LGBTQIA+ and Allies	Wildecy de Fátima Jury & Gayah (Imani) Gillson	April 4, 11, 18, 25; 7–9pm
ONLINE	Back to Basics	Bart van Melik	April 5, 12, 19, 26; 9-10:30am
ONLINE	Introduction to the Four Noble Truths	Amy Selzer & Nancy Glimm	April 6, 13, 20, 27; 10am-1pm
ONLINE	AI, Ethics, Compassion, and the Path Ahead	Nikki Mirghafori	April 9, 7–8:30pm
IN-PERSON	Presence: The Art of Being At Home in Yourself	Tracy Cochran	April 19, 6-730pm
IN-PERSON	Nature Meditation Gathering	Maho Kawachi	April 20, 10am-12:30pm
IN-PERSON & ONLINE	Liberation through Relationships: The Four Wise Efforts	Leslie Booker & Kate Johnson	May 2-23; 7pm-8:30pm
IN-PERSON	The Wheel of Climate Emotions	Anya Kamenetz & Jay Michaelson	May 7, 7-830pm
IN-PERSON	Celebrating and Embodying Mahajapati	Wildecy de Fátima Jury	May 10, 6:30pm-9pm & May 11, 1pm-5:30pm
IN-PERSON	Self-Compassion 101	Gary Singer	May 15, 22, 29 & June 5, 12, 19 12-1:30pm
IN-PERSON	Urban Farm Ecodharma: Cultivating Local and Personal Resilience in a Time of Climate Crisis	Lin Wang Gordon & Jon Aaron	May 18, June 15, July 20, Aug 10, Sept 21, Oct 19 10am-4pm
IN-PERSON	A Steady, Peaceful Mind	Melissa McKay	May 20, 7pm-8:30pm
ONLINE	Mahāmudrā – The Direct Path of Meditation On the Nature of Mind	Scott Tusa	May 28 & June 4, 11, 18 7pm-8:30pm
IN-PERSON & ONLINE	MBSR: A Free Introduction	Tushar Bhagat	May 30, 10am-12:30pm (in-person) & 6:30-9pm (online)
IN-PERSON	That's Life! Navigating Major Life Changes with Confidence and Clarity	Brian Simmons	June 1, 10am-4pm
ONLINE	What is a Teacher for?	nico hase	June 6, 7pm-8:30pm
IN-PERSON	Insight 101	Jon Aaron	June 11, 18, 25 & July 2, 16, 23 12pm-1:30pm
IN-PERSON	MBSR: Mindfulness Based Stress Reduction	Tushar Bhagat	June 6, 13, 20, 27; July 11, 13, 18, 25; Aug 1 10am-12:30pm
IN-PERSON	You Can Meditate! Beginner's Workshop	Lani Miller	June 22, 10am-1pm

SANGHAS (* = In-person)

*Community Meditation Gatherings	Wednesdays, 6:30–8:30pm	*Generation Meditation	2nd Monday, 7-8:30pm
Aging As a Spiritual Practice	Tuesdays, 1–2:30pm	*Insight Out Refuge: LGBTQI Sangha	4th Monday, 6:30-8:30pm
POC Sangha	1st & 3rd Mondays, 7-9pm	Queens Sangha	Mondays, 7-8:30pm
Brooklyn Sangha	Tuesdays, 7-8:30pm	Thursday Peer-Led Sitting	Thursdays, 7-9pm
Dedicated Practice Sangha	Sundays, 7-9pm	Harlem Insight	Thursdays, 7:30-9pm
Dharma on the Path of Recovery	1st Monday, 7-9pm	*Sacred Earth Sangha	Periodic

Plus, coming this summer:

Leigh Brasington	Introduction to the Jhanas	Aug. 10th
Jeff Warren	To Humanity and Beyond!	Aug. 15th
Ven. Pannavati	Unimpeded Ease Weekend Retreat	Aug. 16-18th

Visit nyimc.org for details.

For additional information on any event or sangha please visit www.nyimc.org/events/list/ or scan the QR Code

