### Spring 2024

**For additional information, schedule updates, and registration, visit** [www.nyimc.org](http://www.nyimc.org)

### IN-PERSON
- **Being a Force for Good in the World**
  - Kimberly Brown
  - March 30, 10am–1pm

- **What’s Vedanā Got to Do With It?**
  - Elaine Retholtz
  - April 1 - May 13; 9:30am-11:30am

- **Truthfulness: For LGBTQIA+ and Allies**
  - Wildecy de Fátima Jury & Gayah (Imani) Gillson
  - April 4, 11, 18, 25; 7–9pm

- **Back to Basics**
  - Bart van Melik
  - April 5, 12, 19, 26; 9-10:30am

- **Introduction to the Four Noble Truths**
  - Amy Selzer & Nancy Glimm
  - April 6, 13, 20, 27; 10am-1pm

- **AI, Ethics, Compassion, and the Path Ahead**
  - Nikki Mirghafori
  - April 9, 7–8:30pm

- **Presence: The Art of Being At Home in Yourself**
  - Tracy Cochran
  - April 19, 6-7:30pm

- **Nature Meditation Gathering**
  - Maho Kawachii
  - April 20, 10am-12:30pm

- **Liberation through Relationships: The Four Wise Efforts**
  - Leslie Booker & Kate Johnson
  - May 2-23; 7pm-8:30pm

- **The Wheel of Climate Emotions**
  - Anya Kamnetz & Jay Michaelson
  - May 7, 7–8:30pm

- **Celebrating and Embodying Mahajapati**
  - Wildecy de Fátima Jury
  - May 10, 6:30pm-9pm & May 11, 1pm-5:30pm

- **Self-Compassion 101**
  - Gary Singer
  - May 15, 22, 29 & June 5, 12, 19 12-1:30pm

- **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

- **A Steady, Peaceful Mind**
  - Melissa McKay
  - May 20, 7pm-8:30pm

- **Mahāmudrā – The Direct Path of Meditation On the Nature of Mind**
  - Scott Tusa
  - May 28 & June 4, 11, 18 7pm-8:30pm

- **MBSR: A Free Introduction**
  - Tushar Bhagat
  - May 30, 10am-12:30pm (in-person) & 6:30-9pm (online)

- **That's Life! Navigating Major Life Changes with Confidence and Clarity**
  - Brian Simmons
  - June 1, 10am-4pm

- **What is a Teacher for?**
  - nico hase
  - June 6, 7pm-8:30pm

- **Insight 101**
  - Jon Aaron
  - June 11, 18, 25 & July 2, 16, 23 12pm-1:30pm

- **MBSR: Mindfulness Based Stress Reduction**
  - Tushar Bhagat
  - June 6, 13, 20, 27; July 11, 13, 18, 25; Aug 1 10am-12:30pm

### ONLINE
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### SANGHAS (* = In-person)
- **Community Meditation Gatherings**
  - Wednesdays, 6:30–8:30pm
  - Tuesdays, 1–2:30pm

- **Aging As a Spiritual Practice**
  - 1st & 3rd Mondays, 7-9pm

- **POC Sangha**
  - Tuesdays, 7-8:30pm

- **Brooklyn Sangha**
  - Sundays, 7-9pm

- **Dedicated Practice Sangha**
  - 1st Monday, 7-9pm

- **Dharma on the Path of Recovery**
  - Thursdays, 7:30-9pm

- **Harlem Insight**
  - Periodic

- **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.