

RIVERBLUFF SANCTUARY

Winter Retreat

Bilingual English/Spanish Buddhist Meditation

Dec 27, 2023 - Jan 5, 2024; 5- and 10-day options, by Zoom
Orientation Dec 26, 6pm | Tsok Jan 6, 9am
By donation to INEPE School, Quito, Ecuador

Pre & Perinatal Study Group 2024-2025

Thursdays 6pm-8pm, by Zoom

Year 1: Feb 15 – June 20, 2024; Sept 12 – Dec 12, 2024
Year 2: Feb 6 – June 19, 2025; Sept 11 – Dec 4, 2025

Exploring the Vagus System

The Health That is Never Lost

Saturday-Monday 9am-5pm, in person

Part 1: March 9, 10, 11, 2024

Part 2: Jun 22-24, 2024



Zapchen Support Group

Mondays 5:30-6:30pm, by Zoom

April 15, 22, 29, May 6, 13, 20, June 3, 10 (no class May 27)
By donation to INEPE School, Quito, Ecuador

Birthing Yourself Process Workshops

May 11-13, 2024 - Saturday-Monday 9am-6pm

ONGOING SUPPORT



Free Community Meditation, by Zoom

Fridays 7:45-8:45am, recordings available