



NorCal Sanghas in the Plum Village Community



Please visit norcalsangha.org for events calendar, news, our email list, and the latest version of this directory

KEY

IP = mostly in person
Z = mostly on Zoom / online

Send updates to Dylan,
dylan@tweney.com
Updated February, 2025

SAN FRANCISCO

Wake Up SF (ages 18-35+) Sundays
11am-1pm in Precita Park, 3200 Folsom
St, San Francisco, CA 94110,
www.wakeupsf.org IP

Home Within Sangha, Fridays
4:30-6PM in the Chapel of the UU
Church at 1187 Franklin St (enter via
glass doors). All ages, all welcome.
HomeWithinSangha@gmail.com. IP

**San Francisco / Spiritual Friends
Sangha**, currently on hiatus. Augusta
Hopkins, augusta@augustahopkins.com,
415.355.4330

EAST BAY

Hayward & Castro Valley

Fourfold Community Sangha at
Compassion Meditation Center, 17327
Meekland Avenue, Hayward, CA 94541.
Tuesday, Thursday, and Saturday
evenings 7pm-8pm. (510) 481-1577,
www.chuaphotu.net. IP

Shantideva Monastery, hosting
days of mindfulness on the 3rd Saturday
of many months. 30345 Palomares Road,
Castro Valley, CA 94552. Ven. Thich Tu
Luc thichtuluc@yahoo.com or Isabelle
YenChi Chappuis
isabellechappuis@yahoo.com IP

Oakland & Emeryville

**Hella Just and Compassionate
Sangha**, a meditation family committed
to holding a People of Color space to
grow in our practice. At least once per
month on Sundays, 10:30am-12:00pm.
Leslie, hellajustsangha@gmail.com. Z IP

Couples Sangha, Sundays 7:15-8:30
PM, usually Zoom, in person
occasionally. Joyce Hope Selkow
(she/her), 510 325 6066,
Joyceselkow@msn.com; Kim Nguyen
(she/her), kimnguyen106@gmail.com,
619-274-4040 Z

Open Door Sangha, Mondays
7:00-8:30 pm, usually via Zoom, in
person once per month. Rockridge
neighborhood. Denise Bergez,
denisebergez24@gmail.com,
510-326-2867 Z

Potluck Sangha, Sundays
9:30-11:30 via Zoom, in person once per
month. Cathy Cockrell, 510-967-7849,
debwagwa17@gmail.com Z

**Vietnamese Lesbian Gay Bisexual
Transgender Queer Sangha**, 1st
Wednesday 6:30-8:30 pm, via Zoom.
Chinh Nguyen, 650-619-5486,
justsweetrice@hotmail.com Z

**Deepening White Awareness
Sangha for Racial Healing and Equity**.
Currently experimenting with new
meeting times on Zoom. For
information, contact Louise Dunlap
deeplisting38@gmail.com Z

**Mindfulness, Diversity, and Social
Change Sangha**. 54th Street, Emeryville,
Mondays 7-8:45pm - mostly on Zoom.
Focus on people of color & social change
activists. Asa Brown, 510 457-1892,
CherryApple@hotmail.com Z

Berkeley/Walnut Creek

Buckeye Sangha, Sunday 4:30-6pm
PDT, in person outdoors, on Zoom if
weather is inclement. Glen Schneider,
510-644-1518, or Brandy Sacks,
brandysacks@gmail.com IP

New Generation Sangha, (ages 20s
+ 30s) Tuesdays 6:30-8pm,
ngsangha@gmail.com IP

Peaceful Heart Sangha, Sunday
3:00-4:30 pm, on Zoom & hybrid when
possible. Chau Yoder, 925-708-8662,
Chauyoder67@gmail.com IP Z

SF PENINSULA

Flowering Tree Sangha, Los Altos.
Fridays 6:30-8:15pm, on Zoom with
occasional in-person gatherings in Los
Altos. Renée Burgard, 650-269-4807,
reeneburgard@gmail.com. Z

Flowing Waters Sangha, Ladera
(Portola Valley). Sundays 9:30-noon,
mostly on Zoom. David Ostwald,
415-310-6415, dfostwald@outlook.com,
Birgitte Moyer-Vinding, 360-762-5420,
bpmoyer@earthlink.net Z

Living Tree Heart Sangha

Mountain View. 3rd Saturday 3-4:30, in
person. Christine Welter,
christine.welter@gmail.com IP

Majestic Oak Sangha, Redwood
City (two locations, in person). Thursday
5:15-6:00 pm. Sheryl Munoz-Bergman,
munozbergman@gmail.com. IP

SOUTH BAY

San Jose / Santa Clara

Zen Meditation Good Works Sangha,
Monday 12 noon, on Zoom. Jeff Paul,
Jeff.Paul@sjsu.edu, 408 421 3224; Michael
Fallon, Michael.Fallon@sjsu.edu Z

Los Gatos

Family Sangha, Sundays 7:00-8:00
pm, on Zoom and in person in Los Gatos
or Los Feliz (LA). If people want to join in
person, please email to see where we
are meeting: beemwilder@gmail.com,
wilder.sally@gmail.com Z IP

Parting Clouds Sangha, monthly
and seasonal in-person practices of
sitting, eating, and walking meditation.
Email truefloweryentu@gmail.com. IP

Santa Cruz & Further South

Heart Sangha, Monday 7:30-8:45
pm, meditation and Dharma sharing on
Zoom. Saturday 9:30 am walking
meditation, in person at Mission Plaza
Park. Jeff Ringold 831-423-5378
jdringold@humanfulfillment.org Z IP

**Peace in Our Hearts Mindfulness
Practice Circle**, 1st/3rd Thursdays, 4 to 6
pm. A nurturing and supportive meditation
and mindfulness practice. 6615 Bay Laurel
Pl, Avila Beach, CA.
PeaceInOurHeartsMindfulness@gmail.com.
IP

NORTH BAY

Elephant Mountain Sangha, Pt.
Reyes Station. Thursdays 8:30-9:15 am
on Zoom and once a month in person.
First Presbyterian Church, 11445 St Rte
1. Laura Alderdice (415) 505-2542
alderdicelaura@gmail.com Z

Mud and Lotus Sangha, Inverness.

Mondays 7:00pm on Zoom and once a month in person. Laura Alderdice (415) 505-2542 alderdicelaura@gmail.com Z

Mindfulness in Healing Sangha, San Anselmo. Wednesday 7-8 pm. 415-488-6476, jerome@mountainsangha.org mountainsangha.org/mindfulness-in-healing/. Z

Singing & Hugging Sangha, Petaluma. Most Tuesdays 12:30-2:00 pm, usually on Zoom although that could change. Call, text, or email for location & Zoom link: Beverly Alexander 707-217-6884, smileybev@gmail.com Z IP

Welcome Home Sangha, Ukiah. Thursdays from 6:30-8pm. David Nelson, rezdog_latte@hotmail.com IP

CENTRAL VALLEY / SIERRA

Joyful Heart Sangha, Sacramento, Thursdays 7-8:30. In person and online karlen.harmison@gmail.com or vickinagano@gmail.com, or call Karlen at (949) 742-1868. Z IP

Radiant Heart Sangha, South Lake Tahoe, Wednesdays 7:30a-8:30a Contact: Karla Johnston at (530) 314-0607 text and Karla@LakeTahoeMindfulness.com, thestudiolaketahoe.com IP

FURTHER NORTH

Slowly Ripening Sangha, Chico. Monday 7-9 pm, meets at Sky Creek Dharma Ctr, skycreekdharmacenter.org Bob Speer, 530-592-9945, IP

Ancient Forest Sangha, Humboldt Bay. Meets in-person Thursdays @ 7 to 8:15pm at the Humboldt Unitarian Universalist Fellowship, and first Thursdays via Zoom, with Alexa Singer-Telles. Contact: afhbsangha@gmail.com or visit ancientforestsangha.org Z IP

River Oak Sangha, Redding. 1st and 3rd Wednesdays 6:30-8 pm. mindfulredding@gmail.com Z

ONLINE SANGHAS

Sugarplum Sangha. Online sangha meeting Mon-Saturday morning 7:30-8:30 AM. Contact: Bridgett Wall, b.wall985@gmail.com, (541) 450-2007 (mention Sugarplum), or L C shogun2@prodigy.net.

Lotuses in the Mud Family Recovery Sangha, focused on recovery for those impacted by substance abuse. Thursdays 7:45a-8:45a. Text Karla Johnston (530)314-0607 or email Karla@LakeTahoeMindfulness.com. For more info, see "Mindfulness Recovery for Loved Ones" on Facebook. Z

MotherRoot Sangha, Redding. Only offering Days of Mindfulness online. Alexa Singer-Telles, Alexasingertelles@gmail.com Z

True Home Sangha, Online sangha for Black, Indigenous, and People of Color (BIPOC) practitioners, meets Mondays 4:30-6pm via Zoom. Polly Chu, pollyc.email@gmail.com or www.truehomesangha.org Z

Lotus In a Sea of Fire Sangha, Online sangha for Black, Indigenous, and People of Color (BIPOC) practitioners who are members or aspirants of the Order of Interbeing (OI), meets on the first Saturday of each month, 11am-1pm via Zoom. Polly Chu, pollyc.email@gmail.com, Joe Reilly, joereillymusic@gmail.com Z

One Love One Heart Sangha - Online meeting each Tuesday from 7 to 8 am with a different theme each week. Everyone is welcome, especially friends from the Global Majority. Please email tanya, truefloweryentu@gmail.com. Z

Karuna Garden Sangha, Tuesdays 7-8 p.m. An international online sangha where mindfulness practitioners come together to practice meditation, share Dharma and support each other's growth. danalee (831) 713-8747, danaleemcfadden@gmail.com Z

Mindful Peacebuilding Sangha, mindfulpeacebuilding@gmail.com or www.mindfulpeacebuilding.org for upcoming events. Lyn Fine, 510-335-2223, LynFine@gmail.com Z

DHARMA TEACHERS

Teachers may be available for advice or consultations, to offer a talk at your sangha or sangha event, or for mentoring. Their availability varies.

Venerable Thich Tu-Luc, Hayward, 510-481-1577, thichtuluc@yahoo.com
Wendy Johnson, Marin, 415-383-3709, wendyjdragon@gmail.com

Lyn Fine, Berkeley, 510-335-2223, lynfine@gmail.com

Chau Yoder, Walnut Creek, 925-708-8662, chauyoder67@gmail.com

Travis Masch, Berkeley, (510) 666-6919, tmasch@gmail.com

Terry Barber, Mendocino, terry@parallax.org

Glen Schneider, Berkeley, (510) 644-1518, glennyfrank@gmail.com

Caleb Cushing, Oakland, (510) 326-1864, jcalebcushing@gmail.com

Denise Bergez, Oakland, (510) 326-2867, denisebergez24@gmail.com

Jo-ann Rosen, Ukiah, (707) 462-7749, joannrosen@gmail.com

John Salerno-White, Vacaville, (707) 330-0890, lotusforyou@comcast.net

Jim Scott-Behrends, Santa Cruz, (831) 728-9138, jsbehrends@aol.com

Nu-Ha Phan, San Jose, (408) 251-7792, nuhaphan@sbcglobal.net

Terry Helbick-White, Redding (530) 356-5211, terryhelbick@gmail.com

Lennis Lyon, El Cerrito, (510) 883-4395, lennislyon@gmail.com

Alexa Singer-Telles, Redding, (530) 246-8317, alexasingertelles@gmail.com

Natascha Bruckner, Santa Cruz, (707) 888-1916, nbruckner@gmail.com

WEBSITES

plumvillage.org | home

deerparkmonastery.org | California

plumline.org | global sangha directory

mindfulnessbell.org | magazine

parallax.org | books

wkup.org | young adults

arisesangha.org | race, intersectionality

earthholder.org | earth & racial justice

tnhf.org | foundation

norcalsangha.org | local events & info