



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 December 4, 2025

WEBSITES

plumvillage.org | home
deerparkmonastery.org | California
plumline.org | global sangha directory
norcalsangha.org | local events & info

parallax.org | books & magazine
wkup.org | young adults
arisesangha.org | race, intersectionality
earthholder.org | earth & racial justice
tnhf.org | foundation

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

Spiritual Friends Sangha. Made of
PV and non PV elements. Part Thich
Nhat Hanh, Ajahn Chah, Sayadaw U
Tejaniya and you. Mondays 5-7pm, San
Francisco Dharma Collective, 2929 24th
St. SF, CA 94110 Augusta Hopkins
sfsangha.org IP + Z

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 deeplistening38@gmail.com **Z**

Mindfulness, Diversity, and Social Change Sangha. 54th Street, Emeryville,
Mondays 7:45-8:45pm. For people of color. Please email for Zoom link and address. 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, reneeburgard@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. Sundays from 11am-12:30pm, 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**

One Love One Heart Sangha, Los Gatos. Tuesdays 7-8 am on Zoom; 5MT recitation last Tuesday. Also, occasional DoM in-person. Open to everyone. Tanya, trueflowerventu@gmail.com. **Z**

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/5th Thursdays, 5:30 to 7 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

Mountain 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

Grateful Lotus Sangha, Merced,

monthly on the second Thursday at 7pm. 305 West 26th St., Merced. Marlene and Chuck,
marleneandchuck@gmail.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

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. Z

Morning Bird Sangha, via Zoom.

Checking in, meditation, and dharma sharing. 7:00am every weekday.
morningbirdsangha@gmail.com Z

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

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,

Tuesday from 7 - 8 am on Zoom with a different theme each week, with occasional monthly in-person DoMs. Everyone is welcome. 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

MettaMorphosis Sangha: BIPoC /

BAME aspirants, discerning/curious

aspirants and OI practitioners. 2nd and 4th Saturdays, 8:30 - 10:00 am. Victoria Mausisa, vic822@yahoo.com

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, njbruckner@gmail.com

Jun Hamamoto, East Bay,

jjhamamoto@gmail.com

Prajna Paramita Choudhury,

Oakland, proggachoudhury@hotmail.com

Victoria Mausisa, Oakland,

vic822@yahoo.com

Zachiah Murray, Santa Cruz,

831.588.4330, zachiah@bodyofone.life

Manou Macaud, Santa Cruz,

831-400-2809,

emmanuellemacaud@gmail.com