

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
Changes? dylan@tweney.com
Updated July 31, 2026

SAN FRANCISCO

Wake Up SF (ages 18-35+) Sundays
11am-1pm in Precita Park, 3200 Folsom
St, San Francisco, CA 94110.
sanfrancisco@wkup.org or
wake-up-san-francisco-admins@googlegroups.com, www.wakeupsf.org IP

Home Within Sangha, Fridays
4:30-6PM in the Chapel of UUSF 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. Mondays
5-7pm plus monthly SMT recitation. San
Francisco Dharma Collective, 2929 24th
St. SF, CA 94110. Also hosting a weekly
Peace Vigil at City Hall. 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. Ven. Thich Tu Luc
thichtuluc@yahoo.com or (510)
481-1577, www.chuaphotu.net. 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 7:00-8:30
PM, usually Zoom, in person
occasionally. Joyce Hope Selkow
(she/her), 510 325 6066,
Joyceselkow@msn.com. 619-274-4040 Z

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

Potluck Sangha, Sundays

9:30-11:30 via Zoom, in person once per
month. Cathy Cockrell, 510-967-7849,
cockrellc70@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**.
We look into our historical and present
white awareness with the aim of
deepening our understanding. We're not
currently taking new members but can
share resources. Annie Gardiner:
annie.hgardiner@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

Singing Frog Sangha. Rooted in
Lisjan Ohlone Land at Cantic Farm, we
enjoy meditation (alternating guided
and silent practice), dinner, and dharma
sharing on Wednesday evenings from
6pm until 8pm. Guangping,
guangpingchu@gmail.com,
tiny.cc/aboutsinginffrogssangha IP

Sangha of Forking Paths, first
Sunday of the month 3:00-5:00pm. An
all-ages sangha rooted in Plum Village
and Dzogchen practices. Kids welcome.
731 60th Street, Oakland, CA 94609.
Tim, ambrose.desmond@gmail.com IP

Berkeley/Walnut Creek

Buckeye Sangha, Sunday 4:00-6pm
PDT, in person outdoors, on Zoom if
weather is inclement. Brandy Sacks,
brandysacks@gmail.com, or Glen
Schneider, 510-644-1518. 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, Fridays
6:45-8:15pm, in-person and on Zoom
("hybrid") in Los Altos. Renée Burgard,
650-269-4807,
reneeburgard@gmail.com. Z IP

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

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

SOUTH BAY

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

One Love One Heart Sangha, Los
Gatos. Tuesdays 8-9 am on Zoom; SMT
recitation last Tuesday. Also, occasional
DoM in-person. Open to everyone.
Tanya, tanya@sevenrocksglobal.com. Z

Santa Cruz & Further South

Heart Sangha, Monday 7:30-8:45
pm meditation & Dharma-sharing on
Zoom. Thursday noon sit-walk-sit
12:00-1:00 pm Santa Cruz Zen Center,
113 School St.. Saturday 9:30 am walking
meditation 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. IP
PeaceInOurHeartsMindfulness@gmail.com.

NORTH BAY

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

Mountain Sangha, San Anselmo.
Meets online at 7:00 PM PT for one hour
on the 2nd and 4th Wednesdays. 415-
488-6476, mountainsangha.org,
jerome@mountainsangha.org Z

Singing & Hugging Sangha,
Petaluma. Most Tuesdays 12:30 pm,
mostly on Zoom but in person outdoors
occasionally. Call, text, or email for

location & Zoom link: Beverly Alexander
707-217-6884,
smileybev@gmail.com **Z IP**

Welcome Home Sangha, Ukiah. All are welcome. We meet Thursday evenings from 6:15-8:15 pm. David Nelson, rezdog_latte@hotmail.com **IP**

CENTRAL VALLEY / SIERRA

Joyful Heart Sangha, Sacramento, Thursdays 6:30-8, mostly online. Email JHSangha925@gmail.com, or call Aubyn at 760-815-2279. **Z**

Radiant Heart Sangha, South Lake Tahoe, Wednesdays 7:30-8:30am. 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

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**

Island of Peace Sangha, Redding. Wednesdays at 6pm. Alexa Singer-Telles, Alexasingertelles@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, 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**

Island of Peace Sangha, Redding. Wednesdays at 6pm. 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**

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, danalee.karuna@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 Global Majority-BIPOC OI/Aspirant Sangha, for BIPOC aspirants, discerning/curious aspirants and OI practitioners. 2nd and 4th Saturdays, 8:30 - 10:00 am. Victoria Mausisa, vic822@yahoo.com

Mud and Lotus Sangha, Inverness. Mondays 7:00-8:00pm on Zoom. Laura Alderdice (415) 505-2542 alderdicelaura@gmail.com **Z**

WEBSITES

norcalsangha.org | local events & news
plumvillage.org | home base
deerparkmonastery.org | California
plumline.org | global sangha directory
parallax.org | books & magazine
wkup.org | young adults 18-35
arisesangha.org | race, intersectionality
earthholder.org | earth & racial justice
tnhf.org | foundation

DHARMA TEACHERS

Teachers may be available for consultations, to offer a Dharma talk, or for mentoring. Their availability varies.

Venerable Thich Tu-Luc, Hayward, 510-481-1577, thichtuluc@yahoo.com

Wendy Johnson, Muir Beach (Marin County), 415-497-5473, wendyjdragon@gmail.com

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

Chau Yoder, Walnut Creek, 925-708-8662, chayoder67@gmail.com

Travis Masch, Berkeley, 510 373 3816, tmasch@gmail.com

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, dncngbr4@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, Santa Cruz

(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, (510)

316-8543, vic822@yahoo.com

Zachiah Murray, Santa Cruz,

831.588.4330, zachiah@bodyofone.life

Manou Macaud, SoCal,

831-400-2809,

emmanuellemacaud@gmail.com

Karla Johnston, South Lake Tahoe,

(530) 314-0607,

Karla@LakeTahoeMindfulness.com

In memory: **Terry Barber**