

Spirit Rock

Living Dharma Program: Exploring & Integrating the Eightfold path in Daily Life

A Community of Transformation in the Fire of Everyday Life

Start Date: September 6, 2025

Guided by: *Dawn Mauricio and Yong Oh*

Hosted by Spirit Rock Meditation Center

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Overview

What if your spiritual journey wasn't about perfection or rigid rules, but about staying grounded in the heart of daily life—meeting each moment with resilience, clarity, and compassion?

The *Living Dharma Program* is more than a course. It's a space to walk the path of the Buddha in a way that's alive, embodied, and intimately woven into the rhythms of your everyday life. Over eight months, we'll explore timeless teachings not as distant ideals, but as steady companions—meeting you in your joy, your sorrow, and your longing for something deeper.

This isn't about getting it "right." It's about showing up with curiosity, honesty, and your full humanity.

Rooted in community, this program is a collective experiment in mindful living. It is designed for those who want to engage deeply, reflect openly, and grow together in a spirit of shared liberation.

Why this program

Living Dharma is more than a course—it's a sacred invitation to live with deeper clarity, presence, and love. Over eight immersive months, we will journey together through the heart of the Buddha's Eightfold Path, ***not as abstract ideas but as living practices that meet you exactly where you are—in your relationships, your work, your longings, your grief, and your joy.***

Each session is a gateway. Each month, an unfolding. Together, we'll weave timeless Dharma wisdom with contemporary practice, guided by master teachers and a compassionate community of fellow travelers.

Living Dharma is a space where life *is* the curriculum, and practice is what gives it shape, breath, and direction. Together, we explore how to bring more life into our practice—and more practice into our life.

You don't need to be anywhere else. You don't need to be anyone else. You just need to show up—with sincerity, curiosity, and a willingness to be changed.

"Transformation isn't about being perfect. It's about showing up, together, as we are."

What makes it different

- **Rooted in Real Life:**

Rather than stepping away from life, we stay close to it. This isn't a monastic retreat—it's a living, breathing journey meant to integrate with your busy schedule, your relationships, your emotions, your mornings and your messes.

- **Not Just for Individual Liberation:**

While your healing matters, we explore practice as a path toward *collective* liberation. How we show-up ripples outward—into our communities, into the world.

- **Circular, Not Linear:**

The teachings don't unfold like a ladder, but like a spiral—each one meeting you anew, depending on the season of your life.

- **Relational and Reflective:**

Through monthly sessions, peer sharing, and an optional community, we'll co-create a space of honest reflection, mutual support, and shared growth.

- **Time to Integrate:**


We honor the power of pause. Between sessions, you'll have time and structure to digest what's been stirred—through guided practices, gentle journal prompts and everyday inquiries.


How the Program Works

- **Eight Monthly Sessions** (Live on Zoom, Sept–Apr)
- **Rooted in the Eightfold Path**, each session explores a key theme in Dharma and in life
- **Breakout Sharing + Collective Inquiry**
- **Guided Practices and Rituals**
- **Weekly Practice Invitations** to support integration
- **Ongoing Community Space**
- **Real Life Support:** This program is designed to *fit your life*, not take you out of it

Session 1: Opening the Path


We begin by arriving fully—body, heart, and mind—and opening to the Eightfold Path as a living map for our journey. We explore *sati* (mindfulness) as both foundation and path, and begin with the first step: Wise View. This view invites us to see clearly, to meet life as it is, and to remember that freedom is possible.


 Practice: Grounding in mindfulness (*sati*), shared presence, reflecting on suffering and possibility

 Inquiry: What views shape how I see the world? What might shift if I saw through the lens of compassion and clarity?

Session 2: Wise Intention

What guides your choices? This month we explore the heart's compass—how to align with wholesome intentions and live from the values that matter most.

 Practice: Lovingkindness, values clarification, aspiration setting

 Inquiry: What does your heart long for? What intention feels most alive in you?

Session 3: Wise Speech

Speech can heal or harm. We'll bring mindfulness to the ways we communicate—with ourselves and others—and practice speaking from truth and care.


 Practice: Noble silence, truth-telling, non-harming speech exercises

 Inquiry: What wants to be spoken? What needs to be heard?

Session 4: Wise Action

How do we live in alignment with our deepest values? This month invites us to walk our talk—to embody wisdom and compassion in the everyday.

 Practice: Precepts reflection, integrity mapping, small daily commitments

 Inquiry: Where are my actions out of alignment with my values? What one change feels possible?

Session 5 – Wise Livelihood

Work is more than a paycheck. We explore how to relate to livelihood as a sacred expression of care—for ourselves, others, and the world.

 Practice: Journaling on work and purpose, mindful task practice, career reflection

 Inquiry: What does “right livelihood” mean to me? How does my work serve life?

Session 6 – Wise Effort

How do we engage with life without burnout or striving? This session explores skillful effort—energy rooted in kindness, discipline, and balance.

🌱 Practice: Energy mapping, self-compassion meditation, “just enough” check-ins

🌀 Inquiry: Where do I over-effort or under-engage? What does balanced effort look like?

Session 7 – Wise Mindfulness

Mindfulness brings us into direct contact with the moment. We’ll deepen our capacity to stay with life as it unfolds—curiously, kindly, clearly.

🌱 Practice: Satipatthāna-based meditation, tracking awareness, noting practice

🌀 Inquiry: What am I aware of right now? What happens when I truly stay?

Session 8 – Wise Concentration (Samādhi)

The path ripens in stillness. We explore the power of collectedness, tranquility, and deep presence as foundations for insight and liberation.

🌱 Practice: Concentration meditation, breath-based settling, open awareness

🌀 Inquiry: What draws me away from presence? What helps me return?

What You’ll Receive

- A **gentle structure** for deep transformation
- Tools and teachings to help practice *meet your real life*

- A **community of practice** committed to mutual growth
 - Recordings, practices, and journal prompts to support reflection
 - A space to hold both your tenderness and your power
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This Program Is For You If...

- You want to live with more presence and purpose
- You're seeking community in your spiritual path
- You long for clarity, but not at the cost of compassion
- You want support staying close to practice in the fire of life
- You're ready to live not just for personal peace—but for *collective liberation*

Your Guides:

Dawn Mauricio (she/her), a Filipina-Canadian, has been practicing and studying Insight Meditation since 2005. She has graduated from the first teacher development group of True North Insight, and Spirit Rock's Mindfulness Yoga and Meditation Training, Dedicated Practitioners' Program, and 4-year Retreat Teacher Training. She teaches with a playful, dynamic, and heartfelt approach People of Color and folks of all backgrounds. Dawn leads daylongs, retreats, multi-year programs, and workshops in Canada and the US for Spirit Rock, True North Insight, and Sacred Mountain Sangha. Dawn is a co-founder of the True North Insight BIPOC practice group, serves on the guiding teachers council of True North Insight, and the leadership council for Sacred Mountain Sangha. She is also the author of "Mindfulness Meditation for Beginners". For more information, visit dawnmauricio.com.

Yong Oh

Yong is a Dharma Council teacher at the Durango Dharma Center and a core teacher for Sacred Mountain Sangha. He is also a visiting teacher for other community centers across North America. He teaches retreats at Spirit Rock Meditation Center, the Insight Meditation Society, Big Bear Retreat Center, and Vallecitos Mountain Retreat Center. He

is a graduate of the 4-year Insight Meditation Society Retreat Teacher Training program, Spirit Rock Meditation Center's 2-year Community Dharma Leaders program, the 2-year Nature Dharma Teacher Training and the Sacred Mountain Sangha 2-year Dharmapala training, taught by his primary teachers Kittisaro and Thanissara.

Yong is also a retired acupuncturist, deeply loves mountains and forests and bringing the practice of meditation into nature. Nature and Dharma are at the heart of his path.

He also has a particular interest in devotional expression, and supporting caregivers as well as communities of color in the Dharma. For his full schedule, visit yongoh.com