

# Next Step Dharma: Integrate Your Retreat into Daily Life

A Six-Week Online Course on Meditation in Daily Life

**Teachers:** Oren Jay Sofer & Jaya Rudgard

## *Overview*

Learn how to bring mindfulness into your daily life in this unique online course. *Next Step Dharma* supports those returning from retreat or anyone wanting to deepen their practice with practical tools for everyday living.

This six-week course includes short video teachings, guided meditations, weekly readings, and two live Q&A sessions in September 2025. With lifetime access and a flexible pace, this program offers a structure for continuing your practice with the support of seasoned teachers and a thoughtful learning community.

[Watch the Course Trailer](#)

## *What You'll Learn*

- Use mindfulness to help you be more present at home, work, and with others.
- Apply core Dharma insights from your retreat time and meditation practice into daily living.
- Recognize and work with habitual thoughts, emotions, and patterns of behavior through guided meditations and reflection tools.
- Meet challenges like stress, reactivity, and discomfort using practices from senior Insight teachers.
- Strengthen your sense of connection through shared learning, community practice, mentorship, and spiritual friendship.

## *This Course Is Perfect For You If:*

- You've just finished a retreat and want to continue practicing
- You've struggled to stay consistent with mindfulness in everyday life
- You want support from teachers who understand real-world challenges

- You're looking for a spiritually grounded, welcoming community
- You're ready to bring more kindness, wisdom, and clarity into your relationships
- You'd benefit from structure and accountability in your practice

### *What's Included*

- **Six weeks of video teachings** from trusted Insight Meditation teachers
- **Guided meditations** to support your daily life
- **Weekly readings and integration practices** to go deeper
- **Two live Q&A sessions with the teacher**
- **Interviews** with renowned teachers like Jack Kornfield, Joseph Goldstein, and Sharon Salzberg
- **Lifetime access** to course content

### *Course Syllabus*

#### **Week 1: Everyday Mindfulness**

This week's material includes:

- **4 Video Dharma Talks:**
  - The Real Practice: Coming Home
  - Strengthening Mindfulness
  - Mindfulness in Motion
  - Creating a Positive Feedback Loop
- **3 Guided Meditations:**
  - Settling into Presence
  - Relaxing Key Areas
  - Beginning and Ending the Day
- **Interviews** with Joseph Goldstein, Jack Kornfield, and Dara Williams
- **Readings and Core Integration Practice Suggestions**

## **Week 2: Cultivating the Heart**

This week's material includes:

- **3 Video Dharma Talks:**
  - The Quality of Our Lives
  - Growing Kindness
  - The Patient Gardner
- **3 Guided Meditations:**
  - Mindfulness Practice
  - Kindness
  - Radiating Good Will
- **Interviews** with Sharon Salzberg, Jack Kornfield, and Dara Williams
- Readings and Core Integration Practice Suggestions

## **Week 3: Seeing with Eyes of Wisdom**

This week's material includes:

- **4 Video Dharma Talks:**
  - The Need for Wisdom
  - Developing Wisdom
  - Include it All
  - Knowing What's Needed
- **2 Guided Meditations**
  - Mindfulness Practice
  - Letting Be, Letting Go
- **Interviews** with Joseph Goldstein, Jack Kornfield, and Joanna Harper
- Readings and Core Integration Practice Suggestions

## **Week 4: A Vehicle for Happiness**

This week's material includes:

- **3 Video Dharma Talks:**
  - Living with Integrity
  - Ethics: Care and Concern
  - Redefining Progress
- **2 Guided Meditations**
  - Standing Meditation
  - Recollecting One's Goodness (Ven. Ajahn Sucitto)
- **Interviews** with Joseph Goldstein and Joanna Harper
- Readings and Core Integration Practice Suggestions

## **Week 5: Working with Difficult Emotions**

This week's material includes:

- **5 Video Dharma Talks:**
  - Being at Home with Emotions
  - The ABCs of Emotions
  - Awareness of Emotions
  - The Art of the Middle
  - Curiosity and Care
- **2 Guided Meditations**
  - Thoughts and Emotions
  - Exploring Unpleasant Sensations
- **Interviews** with Jack Kornfield and Larry Yang
- Readings and Core Integration Practice Suggestions

## Week 6: The Strength of Community

This week's material includes:

- **3 Video Dharma Talks:**
  - Relationship as Spiritual Practice
  - Words that Lead to Awakening
  - Sangha Refuge
- **2 Guided Meditations:**
  - Contemplating Interconnection
  - Circles of Support
- **Interviews** with Joanna Macy, Joseph Goldstein, and Larry Yang
- Readings and Core Integration Practice Suggestions

### *About the Teachers*

**Oren Jay Sofer** teaches meditation and communication internationally. He holds a degree in comparative religion from Columbia University, is a Certified Trainer of Nonviolent Communication, and a Somatic Experiencing Practitioner for the healing of trauma. Oren is also the author of several books, including the best-seller *Say What You Mean: A Mindful Approach to Nonviolent Communication* and his latest book, *Your Heart Was Made for This: Contemplative Practices to Meet a World In Crisis with Courage, Integrity, and Love*.

His teaching has reached people around the world through his online communication courses and guided meditations. A husband and a father, Oren lives in the San Francisco Bay Area, where he enjoys cooking, spending time in nature, and home woodworking projects.

**Jaya Rudgard** began meditating in 1984, and from 1996 to 2005 was ordained as a nun in the Thai forest tradition in England at Amaravati Buddhist Monastery. She subsequently trained as an Insight Meditation teacher at Spirit Rock in California and Insight Meditation Society in Massachusetts.

She teaches meditation retreats and courses in the UK and internationally. Jaya has extensive experience teaching Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), and Mindful Self-Compassion and teaches retreats for Mindfulness teachers and teachers in training. She also enjoys practising and teaching qigong.

**Guest Teachers Include:**

Jack Kornfield, Joseph Goldstein, Sharon Salzberg, DaRa Williams, JoAnna Hardy, Joanna Macy, Larry Yang, Matthew Brensilver