

# Living Dharma Program

*Exploring & Integrating the Eightfold Path in Daily Life*

**Program Dates:** September 6, 2025 - April 11, 2025

**Teachers:** Dawn Mauricio and Yong Oh

## 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 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 lives.

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 THIS PROGRAM 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 and the world.
- **Circular, Not Linear:** The teachings don't unfold like a ladder, but like a spiral, each 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 Live Monthly Sessions** (September–April)
- **Rooted in the Eightfold Path**, each session explores a key theme in Dharma and in life.
- **Breakout Sharing and Collective Inquiry**
- **Guided Practices and Rituals**
- **Weekly Practice Invitations** to support integration
- **Ongoing Community Forum**
- **Real Life Support:** This program is designed to *fit your life*, not take you out of it.

### *Course Outline*

**Session 1: Opening the Path**

**Session 2: Wise View & Wise Intention**

**Session 3: Wise Speech**

**Session 4: Wise Action**

**Session 5: Wise Livelihood**

**Session 6: Wise Effort**

**Session 7: Wise Concentration (*Samādhi*)**

**Session 8: Wise Mindfulness**

## What You'll Receive

- A gentle structure for deep transformation
- Tools and teachings to help your 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

## 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

## About the Teachers

**Dawn Mauricio** (she/her), a Filipina-Canadian, has been practicing and studying Insight Meditation since 2005. She graduated from the first teacher development group of True North Insight as well as 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 for 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, and she 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*.

Website: [dawnmauricio.com](http://dawnmauricio.com)

**Yong Oh** 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 and he 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. Website: [yongoh.com](http://yongoh.com)