

## Upcoming Events

[Check our event web page](#) for more info and to register. [Become a member!](#)

*All programs online, unless otherwise specified*

### [Transformative Stillness](#)

**A live virtual meditation experience**

**led by Michael Lifshitz, Ph.D., Professor of Psychiatry at McGill University**

Dec 8, 2024 | 9:00 am – Noon PT

### [The Evolving You](#)

**Open to ITP Group & Individual members**

Jan 15 & 16, 2025

### [ITP Weekly Kata Sessions](#)

Mon., 8 – 9:00 am | Mon., 4:00 – 5:15 pm | Thurs., 4:00 – 5:15 pm Pacific Time

### [The Ki of Cooperation Community House](#)

**Free and open to All – Come Visit!**

Join us for ongoing events