

Joanne has been meditating and participating in formal retreats, self-retreats and trainings with numerous teachers for over 25 years, including those of Buddhist and other major spiritual traditions. She served on the board of Santa Fe Vipassana Sangha (SFVS) before serving a term as president, during which time she also managed Theravadan Buddhism meditation retreats for SFVS.

For the last ten years Joanne studied, trained, and mentored with Matthew Flickstein, founder of The Forest Way Meditation Center and co-founder of the Bhavana Society Monastery and Meditation Center with Bhante Gunaratana who was his teacher. Now retired, Matthew at one time ordained as a Buddhist monk and then continued to teach for approximately 40 years from many spiritual traditions with a focus on Non-Dual practices and teachings. As a result, Joanne's training and teaching reflect an integrated approach that includes practices from all forms of Buddhism, Taoism, and indigenous or native ways with a focus on Non-Dual teachings.

Joanne teaches individuals and small groups with a focus on investigating the nature of mind and changing our relationship with the mind to uncover our true nature, authenticity, and freedom.