

Nicola Redfern is an Insight Dialogue teacher with an extensive background in Zen meditation. She has been trained to teach Insight Dialogue by guiding teacher Gregory Kramer and other senior Insight Dialogue teachers. With a strong belief that awakening is not simply a solo endeavor, she's particularly interested in getting meditation off the cushion and fully integrated into life, work, and relationships, and activating the potential to wake each other up. Nic has taught Nonviolent Communication, and currently works as a caregiver.