

Patrick Coffey began his meditation practice over 40 years ago and has taught meditation and mindfulness since 1996. He teaches throughout the United States and internationally. Pat founded The Blue Ridge Prison Project, which trains inmates in mindfulness at Virginia's maximum-security prison for women. He also founded the Insight Meditation Community of Charlottesville and co-founded The Meditation Teacher Training Institute with Tara Brach, Hugh Byrne and Jonathan Foust. Pat has made presentations at various education and business settings, as well as the United States Congress.

The father of two children, owner of several successful businesses, and holder of several patents, Pat uses humor and real-world examples as he teaches from the grounding of his rich life experience.

Kate "Lila" Wheeler is one of the coordinators of the 2016-2020 meditation teacher training at Spirit Rock, the most diverse Buddhist training in American history. She was given rein to teach in the Theravada Insight tradition, Vajrayana, and the Advaita approach of HWL Poonja. Kate grew up in Latin America and has spent time in traditional Asian practice communities, as a nun in Burma in 1988 and the caves of Tso Pema more recently. She practices at Spirit Rock, Pema Kilaya in Washington State, and some other communities in the West.