ITP INTERNATIONAL

Upcoming Events

Winter 2026 – 2027 · All programs are online unless otherwise noted

Awaken Your Extraordinary Potential with ITP

Full

An immersion in Integral Transformative Practice at the birthplace of the human potential movement, with Pam Kramer and Max Gaenslen.

Dec 4 – 6 · Esalen Institute, Big Sur, CA · In person

Dojo Pop-Up Night

In person

An evening of ITP practice together at the dojo, open to members and newcomers alike. Presenter to be announced.

Wednesday, Dec 9 · 7 – 8:30 pm · Aikido of Tamalpais, Corte Madera, CA

Transformative Stillness

Live meditation experience

A few hours of meditation before the holiday season — periods of silence, talks on practice, and mindful movement. With Michael Lifshitz (McGill University) and neuroscientist Jonas Mago, hosted by Pam Kramer.

Sunday, Dec 13 · 9 am – noon PT · Online

ITP Tulsa Workshop

In person

A weekend of ITP practice and community with ITP Tulsa. Details and registration coming soon.

Jan 22 – 24, 2027 · Shambhala Center, Tulsa, OK

Mastering the Art of Cooperation

Coming in 2027

A Ki of Cooperation training — embodied tools drawn from ITP, Aikido, and Nonviolent Communication.

Early 2027 · Dates to be announced · Online

Ongoing Programs · Free & Open to All

ITP Weekly Kata Sessions · Online

Mondays 8 – 9 am · Mondays 3:45 – 5 pm · Thursdays 4 – 5:15 pm PT

Drop in any week, a great first taste of ITP practice.

Seekers and Sages Series · Online

Conversations exploring the unseen: subtle energies, the more-than-human world, and forces of grace. Hosted by Christina Grote.

Upcoming dates to be announced.

Scan for details + registration