

Get Involved with ITP International

Upcoming Events for 2023

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

[The Evolving You Zoom Sessions](#)

Open to ITP Group & Individual members

Nov 15 & 16

[Transformative Stillness](#)

A live virtual meditation experience led by Michael Murphy

Dec 9 | 9:00 am – Noon PT

[ITP Weekly Kata Sessions on Zoom](#)

Mon., 8 – 9:00 am | Mon., 4:00 – 5:15 pm | Thurs., 4:30 – 5:45 pm Pacific Time