



Summer 2026 Offerings

Courses

Courses begin the week of July 6



RAIN – THE PATH OF RADICAL COMPASSION

Kate Weisman

Tuesdays beginning July 7, 9:30-11:30am - 4 weeks

AIL Classroom, Lethbridge Lodge

Members - \$50; Non-Members - \$55

The Path of Radical Compassion will teach the mindfulness 'RAIN' Practice for emotional resilience. In a world of uncertainty and relentless negative press, high stress and self-criticism, this course offers a practical "lifeline." Using the work of world-renowned teachers Tara Brach and Kristin Neff, we will learn how to move from stressful reactive "auto-pilot" to a state of calm presence where we can make wise choices. You will learn the RAIN method—a simple four-step meditation practice designed to help you let go of fear and anxiety by awakening and "loving yourself into healing."

[Register via ProClass](#)



BEYOND THE FRAME: AMERICAN HISTORY THROUGH ARTWORKS AT SMITHSONIAN AMERICAN ART MUSEUM

SAAM Lecturers

Wednesdays beginning July 8, 3:00-4:30pm - 4 weeks

Online via Zoom

Members - \$50; Non-Members - \$55

Artists give us a window on American life, often reflecting the cultural and social climate of the time which they work. Explore the question, "What does art reveal about America?" as you examine better- and lesser-known aspects of American history to reframe your perspective. Join study leaders from the Smithsonian American Art Museum as they facilitate an examination of America through artists' eyes in **four discussion-based sessions**, each focused on a separate era: Seeing is Thinking; Early America; 1861-1941: 80 Years of Change; and Contemporary Life.

[Register via ProClass](#)