

Lacey is delighted to support the lamas as they turn the wheel of the Dharma at KSC; and, she is equally inspired to connect with such an incredibly harmonious sangha and strong team of dedicated volunteers.

Lacey first learned meditation and yoga in high school, thanks to a biology teacher who led the elective: “mind-body stress reduction.” She’s been practicing and learning wholeheartedly ever since.

Highlights of Lacey’s meditation training include a two-year Vajrayana Leadership Program with Anam Thubten Rinpoche as well as extended retreats with Yangthang Rinpoche and Namkhai Norbu Rinpoche. She also expresses tremendous gratitude and humility for close personal mentorship from Gyatrul Rinpoche, Rabbi Zalman Schachter-Shalomi, and Manu Korweah.

Lacey is a dedicated non-profit director, a meditation teacher, and a (former) high school English teacher. She has been leading meditation sessions with nonprofits, schools and corporations for more than thirteen years.

Before coming to KSC, Lacey worked at the San Francisco Jewish Federation, Spirit Rock, and Mindful Schools in roles that focused on philanthropic giving and receiving.

Lacey holds a Masters in English, a Teaching Credential, a Mindfulness Mentor Certification from Jack Kornfield and Tara Brach as well as certifications in Healing Touch, Chi Gung and Storytelling.

Her studies have delved deeply into: Mindful Communication, Tibetan Yoga, Somatic Healing of Trauma, Diversity, Equity and Inclusion Training, and Teaching Mindfulness to Educators.