

2025

ANNUAL REPORT

Chung Huong Institute

Driving Innovation
for a Happier Future

February 11, 2026



608-520-0746



info@chunghuonginstitute.org



www.chunghuonginstitute.org



WWW.CHUNGHUONGINSTITUTE.ORG

OUR MISSION

To advance sustainable happiness, we utilize education, research, and praxis to bridge three traditions of Buddhist wisdom with modern science.

OUR IMPACT



12,432 New Learners



58 New Podcast Episodes



6 New Courses

OUR PURPOSE

Chung Huong Institute began with a simple belief: **lasting happiness can be cultivated.**

We are doing more than preserving tradition. We're actively exploring how ancient wisdom and contemporary research can work together to support sustainable happiness – for individuals, families, and communities.

As we look ahead, we're expanding our programs, deepening our research, and creating more opportunities for people to engage.

whether through learning, dialogue, or support, this work is possible because of you. If you're just discovering us, we invite you to join us this year.

There is meaningful work ahead, and we invite you to be part of this transformation.

CONTACT US:

Info@chunghuonginstitute.org

Mind-Brain Contemplative Lab



Inaugurated in August 2025 with co-founder, Dr. Judson Brewer, and Senior Advisor, Dr. Rick Hanson.



OUR TEAM GREW!



Ven. Phurbu Tsering

Dharma Teacher



Ven. Jian Guang

Dharma Teacher



Ven. Raluwe Padmasiri

Dharma Teacher



Dr. D. Phillip Stanley

Inaugural Academic Advisor



Dr. Asanga Tilakaratne

Senior Theravāda Buddhism Advisor



Dr. Jud Brewer

MBC Lab Co-Founder



Dr. Rick Hanson

Senior MBC Lab Advisor



Dr. Stephen Julich

Research Faculty



Dr. Sue Schneider

Research Faculty



Dr. Jacob W. Glazier

Research Faculty



Dr. David Salisbury Brown Mitchell

Research Faculty



Dr. Stephanie Yuhas

Psychology Educator



Dr. Constance A. Jones

Sociology Educator



Matthew Bowman

Development Specialist



Zeke Floro

Research Assistant



NEW PARTNERSHIPS

In 2025, we forged several strategic partnerships that have enhanced our capabilities and community presence:

1

A partnership with **Rocky Mountain Humanistic Counseling and Psychological Association** (RMHCPA), enabling Chung Huong Institute to provide mental health information for participants and join the RMHCPA conference to share the Buddha's teachings for mental well-being.

2

Collaborating with **Drala Mountain Center**, a leading retreat center in Colorado, to develop sustainable educational and practical initiatives.

3

A new alliance with **Global Compassion Coalition**, expanding our programs and enhancing global communities.

MILESTONES

- Our Team grew by 15 dedicated volunteers.
- Mind-Brain Contemplative Lab was formed and will finalize developmental phases in 2026.
- Mindfulness for both veterans and university students was successfully taught. Members of the Department of Education in Baltimore County, MD, are set to receive mindfulness training in 2026.

Volunteer Impact Story

My first year volunteering with Chung Huong Institute has been transformative on multiple levels. Professionally, having the privilege of building a mission-driven nonprofit has been invaluable as I work toward a personal goal of someday creating an organization dedicated to serving others. The skills I've honed—from strategic planning to donor engagement—have also directly shaped my role as a current business owner and entrepreneur.

What makes this work especially meaningful is witnessing the visible positive impact on people's mental health and well-being. Seeing participants transform through CHI's integration of Buddhist wisdom and scientific understanding gives me deep satisfaction and affirms the importance of this work. I'm also thankful for the impact this volunteer opportunity has had on my personal mindful practice, simply by being in the presence of such impressive teammates and benefiting from their knowledge. I'm looking forward to my second year at Chung Huong Institute!



Matthew Bowman

Development Specialist

IMPACT ON THE COMMUNITY

Chung Hong Institute is dedicated to making a meaningful difference in the communities we serve. Our initiatives focus on providing high-quality contemplative education for you to have lasting human happiness.

Chung Hong Institute

5.0 ★ ★ ★ ★ ★

1

CHI's meditation classes have brought so much peace into my life. Our teachers guidance is full of compassion and insight, and she creates a beautiful community that feels like home. I am deeply thankful for this space.

2

The trainings offered here are incredibly thoughtful and impactful! As a therapist, I found their training on cultivating compassion deeply valuable, not only for the work I do with clients but also within my community and for my own personal growth. I'm so grateful for these meaningful learnings and the way they continue to inspire both my practice and self-care.

3

I've struggled to establish a consistent meditation practice for years, but the instruction I've received at CHI has truly made the difference. The small class setting allowed for personal attention, and the instructor helped me tailor a program that fits my individual needs and lifestyle. I'm also grateful for the friendships I've formed through the class—it's wonderful to connect with others who share the same interest. Thanks to CHI, I now feel part of a supportive and inspiring community, and meditation has finally become a regular part of my life.



CHUNG HUONG INSTITUTE

EVENT SCHEDULE



SUNDAYS

WEEKLY 4:00 PM

DHARMA TEA

Buddhadharma discussion, Vietnamese tea ceremony, meditation, community.

FREE.

Register here:



FEB 16

2/16-4/6 MONDAYS AT 4:00PM

RELATIONAL COMMUNICATION

This seminar explores what communication is and how it impacts every relationship that we have.

Donation-Based.

Register here:



MARCH 6

3/6-4/3 FRIDAYS AT 5:00 PM

THE FOUR IMMEASURABLES

Learn and practice the qualities that open your heart and lays the foundation for personal growth.

Donation-based.

Register here:



JUNE 9

6/9-7/28 TUESDAYS AT 4 PM

COMPASSION CULTIVATION TRAINING

CCT will support you to improve your relationships with your community.

Donation-based.

Register here:



JUNE 12

6/12-8/14 FRIDAYS AT 5:00 PM

ESSENTIALS OF BUDDHISM

Cultivate a deep understanding of Buddhism's fundamental principles.

Donation-based.

Register here:



JULY 2

SATURDAYS 4:00 PM

BODHICITTA

Bodhicitta is the root of happiness and true fulfillment, and it can be attained through thorough investigation, cultivation, and practice.

Donation-based.

Register here:



JULY 18

7/18-8/15 SATURDAYS AT 6:00PM

8 REALIZATIONS FOR A FLOURISHING LIFE

Explore the timeless truths that can transform your life and help you cultivate your full potential.

Donation-based.

Register here:



THURSDAYS

WEEKLY 3:00 PM

MINDFUL WRITING

Explore how we cultivate lasting learning and skillful writing through mindfulness practices.

Donation-Based.

Register here:



WWW.CHUNGHUONGINSTITUTE.ORG

Online & In-person Programs

1454 WAGON WHEEL RD. CRESTONE, CO 81131

INFO@CHUNGHUONGINSTITUTE.ORG

OUR POSITIONING

Chung Huong Institute has strategically positioned itself as a leader in scientifically grounded Buddhist education and personal development by integrating ancient contemplative wisdom, evidence-informed psychological and neuroscientific insights, and inclusive educational programs that emphasize real-world application. Our institutional positioning is defined by the following factors:

Authentic Integration of Buddhist Contemplative Traditions and Contemporary Science

Chung Huong Institute grounds its educational offerings in classical Buddhist contemplative frameworks that bridge the three major Buddhist traditions, while responsibly engaging findings from psychology and neuroscience. This integrative approach maintains fidelity to traditional teachings, reduces unnecessary division, and draws on empirically informed insights to deepen understanding of human experience, cognition, and well-being.

Responsive Educational Design

Chung Huong Institute offers non-sectarian, inclusive programs that welcomes participants across cultural, religious, and professional backgrounds. Educational frameworks are intentionally designed to be accessible while honoring diversity of experience and respecting the depth and origins of Buddhist traditions.

Inclusive, Accessible, and Culturally Responsive Educational Design

Chung Huong Institute offers non-sectarian, inclusive programming that welcomes participants across cultural, religious, and professional backgrounds. Educational frameworks are intentionally designed to be accessible while honoring diversity of experience and respecting the depth and origins of Buddhist traditions.

Institutional Focus on Long-Term Human Development and Flourishing

Chung Huong Institute prioritizes sustained long-term personal, community, and global development over short-term outcomes, emphasizing self-awareness, ethical discernment, emotional regulation, rigor, and compassion. This long-term orientation reflects both Buddhist developmental models and contemporary understandings of psychological growth and resilience.



OVERVIEW OF SERVICES

Chung Huong Institute delivers a portfolio of educational programs and resources designed to support scientifically grounded Buddhist learning and long-term personal development. All programs and materials are rooted in classical contemplative traditions and informed by contemporary psychological and neuroscientific research. Institutional leadership by Buddhist nuns ensures an educational approach grounded in lived contemplative practice, experiential learning, and real-world application.

Educational Tradition-Based Buddhist Programs (Non-sectarian)

Chung Huong Institute offers structured educational programs, including courses, workshops, retreats, and extended learning series. These programs integrate contemplative theory with guided practice, reflective inquiry, and applied exercises that support participants in translating insight into daily life. Programming is designed for diverse audiences, ranging from individuals new to contemplative practice to experienced practitioners seeking deeper integration. We also ensure that marginalized populations are able to receive a transformative, high-quality education.

Community Learning and Engagement

Chung Huong Institute fosters learning communities that support dialogue, shared inquiry, and mutual support among participants. Through group learning environments, facilitated discussions, and community-based Buddhist practices, the Chung Huong Institute encourages relational learning and the ethical application of contemplative principles in interpersonal and social contexts.

Mind–Brain Contemplative Lab and Research Integration

Chung Huong Institute initiated the Mind-Brain Contemplative Lab which serves as a research space for examining the intersections of ancient Buddhist texts, cognitive science, and brain-based processes. Lab activities and research-informed content are integrated into curricula to enhance academic inquiry, methodological literacy, and critical engagement with psychological and neuroscientific perspectives, while maintaining clear educational and ethical boundaries appropriate for university contexts.



OVERVIEW OF SERVICES (CONTINUED)

Contemplative Training and Practice Offerings

Chung Huong Institute provides high-quality guided contemplative training grounded in classical Buddhist frameworks and informed by contemporary understandings of human development. These offerings emphasize ethical foundations, attention training, emotional regulation, and compassion-based practices designed to support personal growth and self-awareness.

All instruction is delivered within a clearly defined educational context, with explicit boundaries that distinguish contemplative learning and personal development from clinical, therapeutic, or medical intervention. Chung Huong Institute does not provide therapeutic services, clinical treatment, or mental health care, and its programs are not intended to diagnose, treat, or prevent psychological or medical conditions.

Curriculum and Educational Resources

Chung Huong Institute develops original curricula and educational resources designed for use in university and higher-education settings. These materials synthesize classical Buddhist contemplative teachings with evidence-informed perspectives from psychology and neuroscience, and are structured to support academic instruction, reflective inquiry, and applied learning.

Curricular resources include peer-review-informed written materials, multimedia instructional content, and structured contemplative practice guides suitable for classroom integration, seminars, and supplemental coursework. All materials are designed to support sustained learning, critical reflection, and independent study beyond formal instruction, while maintaining clear educational boundaries appropriate to academic environments.



STRATEGIC GOALS FOR THE NEXT YEAR

- Innovation and Development:

We plan to invest in research expansion for modern solutions, aiming for a 20% increase in R&D.

- Operational Efficiency:

Our focus on process optimization will continue, with a target to develop a new library within Chung Huong Institute that is concerned with preserving and expanding access to Buddhist texts, psychology, and neuroscience.

MARKET EXPANSION PLANS

- Program Growth:

In 2026, we will expand our offerings by including courses on communication skills, foundational Buddhist teachings from Taiwan, India, and, of course, the USA.

- New Partnerships:

We aim to establish strategic alliances with industry leaders in universities and Healthcare, further diversifying our reach and opening new avenues for advancing human flourishing.

- In-Person Podcast Studio:

We aim to develop the in-person studio for Chung Huong Institute's podcast to invite a deeper connection with in-person dialogue.

GROWTH PROJECTIONS

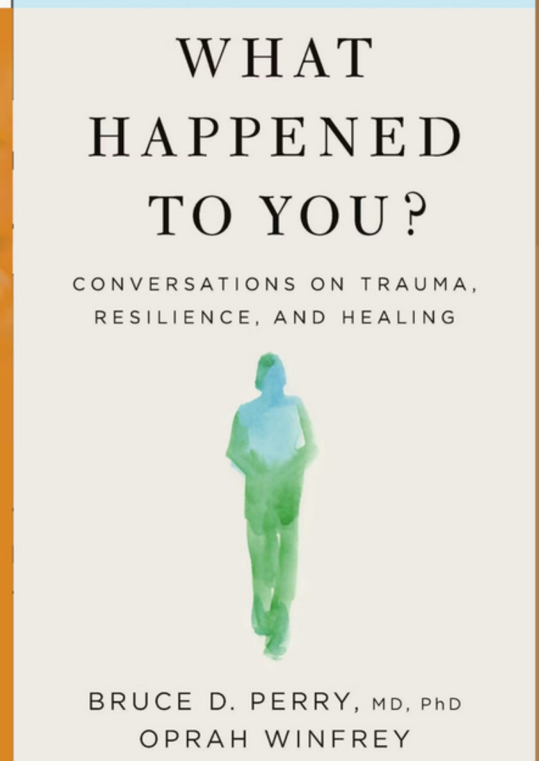
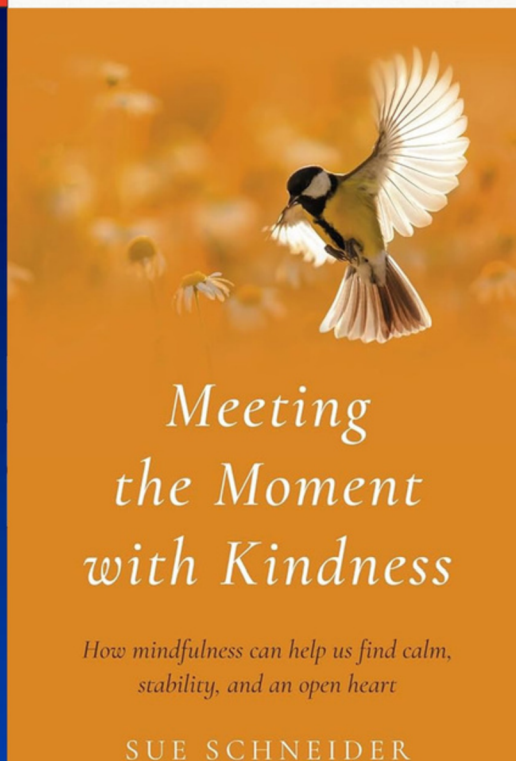
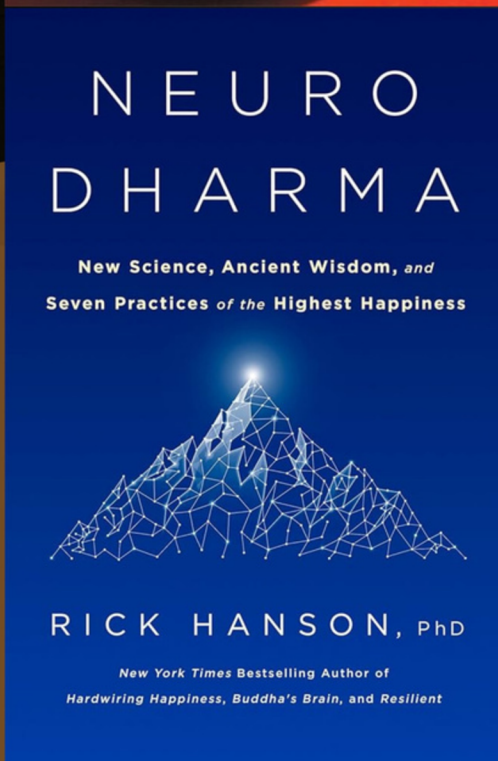
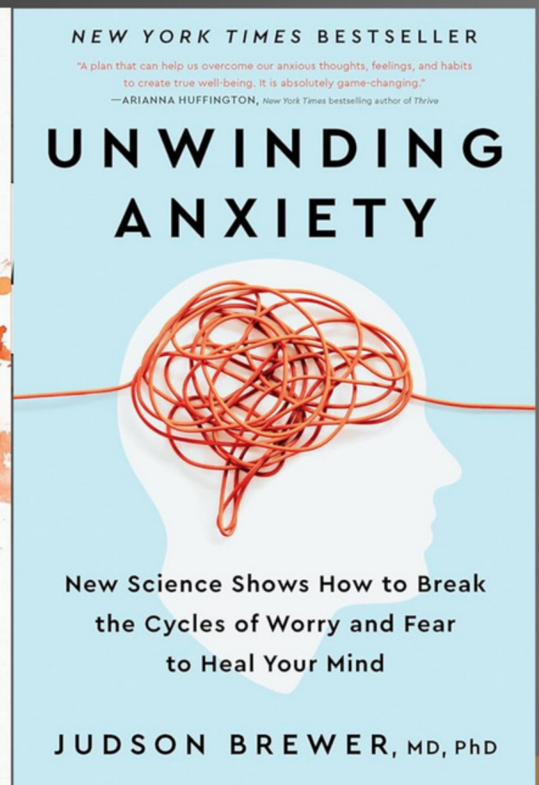
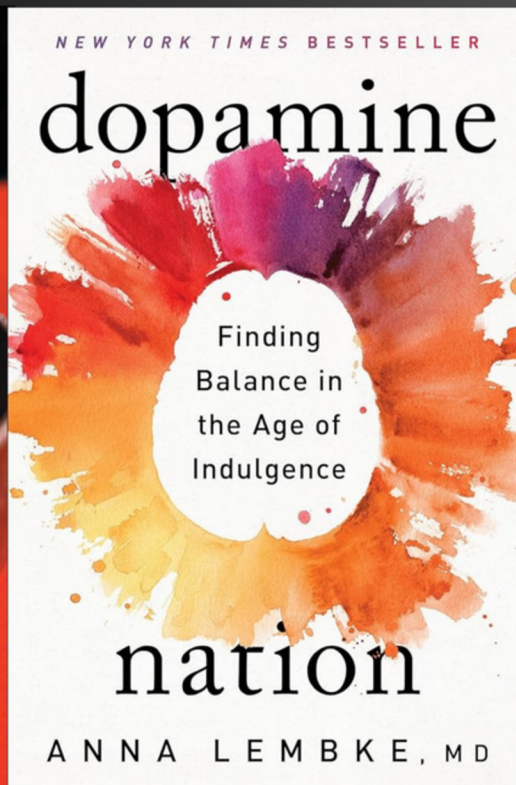
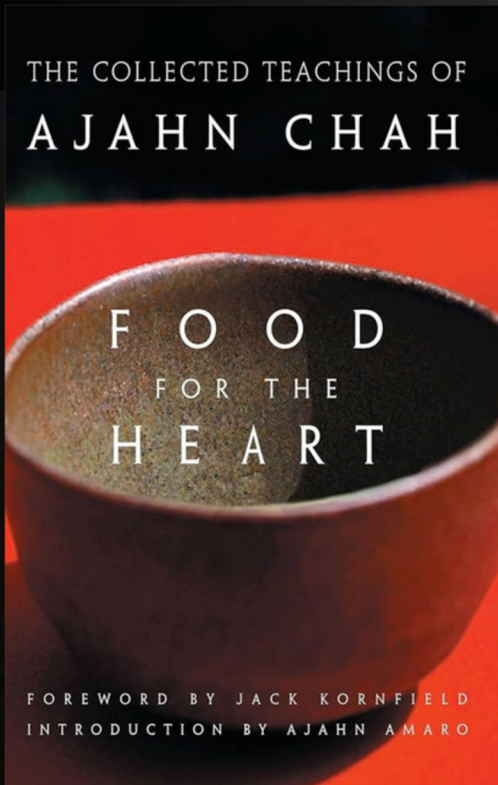
- Outreach Growth:

We project a 15% increase in total podcast interviews for 2026, driven by expanding communication reach and the continued demand for deepening the dialogue of societal wellbeing.

- Enrollment:

Student enrollment and performance are expected to improve by 10% as a result of our program and teacher expansion, and new market strategies.

CHUNG HUONG INSTITUTE TOP BOOKS 2025



CONTACT INFORMATION

For inquiries, future classes, investor relations, partnerships, involvement, research, and additional details about Chung Huong Institute, please feel free to reach out to us through the following channels. We are committed to maintaining open and transparent communication with our stakeholders.

Our Headquarters

Chung Huong Institute
1454 Wagon Wheel Rd. #687
Crestone, CO, 81131
Phone: (608) 520-0746
Email: info@chunghuonginstitute.org

Key Contact for Investor Relations

For questions regarding investments or donations, please contact:

- Matthew Bowman
Development Specialist
Email: matt.bowman@chunghuonginstitute.org
- Allie Gi
Outreach Assistant
Email: info@chunghuonginstitute.org

Website and Social Media

Stay updated with our latest news, announcements, practices, and insights by following us online:

- **Website:** www.chunghuonginstitute.org
- **LinkedIn:**
<https://www.linkedin.com/company/chunghuonginstitute>
- **Youtube:**
<https://www.youtube.com/@ChungHuongInstitute>
- **Insight Timer:**
<https://insighttimer.com/chunghuonginstitute>





Thank you

Thank you to those who joined us in 2025. Thank you in advance for those who plan to join us in 2026. We are grateful to have an opportunity to spread hope and share the means for long-term happiness.



At the end of 2025, we moved to Crestone, CO. These were the northern lights that greeted us shortly after we opened our doors for the public.

It is a testament that even a storm can bring the greatest light. All it takes is one light to make a difference and wake up the darkness of the night.

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