

January Offerings at IWM

For more information on each of these offerings, please visit our website: www.insightwma.org/offerings.



Half-Day Retreat, via Zoom

[New Year's Day Retreat](#)

with [Rebecca Bradshaw](#)

Monday, January 1, 2024; 2:00–5:00pm, followed by tea and discussion



Dharma Talk, via Zoom

[Open Community Practice and Dharma Talk](#)

with [Devin Berry](#)

Wednesday, January 3; 7:00 – 8:30pm ET



Community Open Practice, in-person/hybrid

[Wise Mindfulness](#)

with [Hal Fales](#) (Community Dharma Steward)

Monday, January 8; 5:30–6:45pm ET



Dharma Talk, via Zoom

[Open Community Practice and Dharma Talk](#)

with [Tara Mulay](#)

Wednesday, January 10; 7:00 – 8:30pm ET



Community Open Practice, via Zoom

[Wise Concentration](#)

with [Holly Bishop](#) (Community Dharma Steward)

Monday, January 15; 5:30–6:45pm ET



Insight Meditation
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Everyone is welcome at all of our offerings, regardless of ability to donate.

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Dharma Talk, in-person/hybrid at IWM
[Open Community Practice and Dharma Talk](#)
with [Bernadine Mellis](#)
Wednesday, January 17; 7:00 – 8:30pm ET



Affinity Group, in-person at IWM in Eastworks
[BIPOC Affinity Sangha](#)
Friday, January 19; 5:30–7:00pm (Third Fridays)



Community Open Practice, in-person/hybrid
[Five Precepts](#)
with [Jennifer Delozier](#) (Community Dharma Steward)
Monday, January 22; 5:30–6:45pm ET



Dharma Discussion, via Zoom
[Open Community Practice and Dharma Discussion](#)
with [Michael Grady](#)
Wednesday, January 24; 7:00 – 8:30pm ET



Affinity Group, likely in-person/hybrid
[Queer/Trans Affinity Sangha](#)
Thursday, January 25; 7:15 – 8:45pm ET (Fourth Thursdays)

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in-person at Cherry Hill Cohousing, 120 Pulpit hill Road in N. Amherst, MA

[Taking Refuge Together in the Dharma](#)

with [Rebecca Bradshaw](#) and [Jean Esther](#)

Friday, January 26 – Sunday, January 28, 2024



Community Open Practice, via Zoom

[Five Precepts](#)

with [Jaya Karlson](#) (Community Dharma Steward)

Monday, January 29; 5:30–6:45pm ET



Dharma Talk, via Zoom

[Open Community Practice and Dharma Talk](#)

with [Adi Bemak](#)

Wednesday, January 31; 7:00 – 8:30pm ET

Suggested donation varies by type of offering.

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