

March Offerings at IWM



Open Community Practice & Dharma Discussion, via Zoom
The Power of Radical Relating: A Continuing Conversation
with **Jean Esther**
Wednesday, March 1; 7:00 – 8:30pm ET



Open Community Practice, via Zoom
Meditation followed by Blessing Circle (first Mondays)
Monday, March 6; 5:30 – 6:45pm ET



Open Community Practice & Dharma Talk, via Zoom
The gift of impermanence
with **Kristina Baré**
Wednesday, March 8; 7:00 – 8:30pm ET



Course, via Zoom
Practicing Wise Attention and Effort in Working with Pain
with **Michael Grady**
5 Tuesdays: March 14, 21, 28, April 4, and 11; 7:00–8:15pm ET

Everyone is welcome at all of our offerings, regardless of ability to donate.
For more information, please visit our website: www.insightwma.org/offerings.

Insight Meditation Community of Western Massachusetts
(formerly known as InsightPV)



March Offerings at IWM continued



Open Community Practice & Dharma Talk, via Zoom

The Power of the Paramis

with **Manny Mansbach**

Wednesday, March 15; 7:00 – 8:30pm ET



Open Community Practice & Dharma Talk, via Zoom

Mindfulness of the the Five Elements of the Body

with **Nick Boutros**

Wednesday, March 22; 7:00 – 8:30pm ET



Half-day Retreat, Zoom with possible hybrid option TBD

Grounding Antiracist Practice in the Dhamma

with **Lore Detenber**, **Bernadine Mellis**, and Jen Cannon

Saturday, March 25; 9:30am – 12:00pm ET



Open Community Practice & Dharma Talk, via Zoom

All You Need is Love

with **Peggy Gillespie**

Wednesday, March 29; 7:00 – 8:30pm ET

More information about our offerings on the next page

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More information on IWM offerings

Suggested donation varies by type of offering.
More information at the link below.

See our website for updates about: our weekly Dharma talks (usually on Wednesdays 7-8:30pm); upcoming courses/retreats; and our community mediations (M, T, Th, F; times vary); or to join our mailing list.

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