

# 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](http://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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