

December Offerings at IWM



Open Community Practice, via Zoom

Meditation followed by Blessing Circle (first Mondays)

Monday, December 5; 5:30 – 6:45pm ET



Open Community Practice & Dharma Talk, via Zoom
with **Devin Berry**

Wednesday, December 7; 7:00 – 8:30pm ET



Open Community Practice & Dharma Talk, via Zoom

The Buddha's unconventional ideas about happiness

with **Rebecca Bradshaw**

Wednesday, December 14; 7:00 – 8:30pm ET



Half-day Retreat, via Zoom

Approaching the Winter Solstice: Beginning Again, Here and Now

with **Devin Berry & Tara Mulay**

Saturday, December 17; 10:00am – 2:00pm 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)



December Offerings at IWM continued



Open Community Practice & Dharma Talk, via Zoom
with **Tuere Sala**

Wednesday, December 21; 7:00 – 8:30pm ET



Open Community Practice & Dharma Talk, via Zoom
with **Jesse Maceo Vega-Frey**

Wednesday, December 28; 7:00 – 8:30pm ET

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

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

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

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