

New Year's Day Retreat



with Rebecca Bradshaw

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

Suggested donation: \$20–45
registration + teacher donation

Bring in the new year with spiritual companionship. In the silence of winter we will meet together on zoom to meditate and contemplate our hearts' intentions for the coming year. If you wish, bring an altar or meditation space offering that symbolizes what is important to you in your spiritual practice. Optional qi gong will also be offered. At the end of the formal program at 5 o'clock, there will be time for tea and informal discussion for those who wish.

Rebecca Bradshaw, Guiding Teacher Emeritus of the Insight Meditation Society, has been practicing Vipassana meditation since 1983 in the United States and Myanmar and teaching since 1993. She completed her dharma teacher training at Insight Meditation Society in Barre, Massachusetts, where she is part of the three-month retreat teacher team and leads retreats for young adults. Rebecca teaches a body centered approach to meditation, infused with large doses of loving kindness and intimate connection to the natural world. She has a master's degree in Counseling Psychology and is a Licensed Mental Health Counselor (LMHC). Her book, *Down to Earth Dharma: Insight Meditation to Awaken the Heart* will be released in November 2024. For more information and her schedule, please see her webpage at www.rebeccabradshaw.org.



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

Read more and register on our website:
www.insightwma.org/offerings.html
*Everyone is welcome at all of our offerings, regardless of ability to donate.