



# New Year's Day Retreat

Retreat with **Rebecca Bradshaw**

Sunday, January 1, 2023; 2:00–5:00pm,  
followed by tea and discussion

This offering is Zoom only.

**Suggested donation: \$15–30 registration + teacher donation** (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)\*

**Description:** Bring in the new year with spiritual companionship. In the silence of winter, we will meditate and share together, setting our hearts' intentions for the coming year. Optional qi gong will be offered. For those who wish, the formal program will be followed by tea and discussion at 5:00.

**Rebecca Bradshaw**, one of the Guiding Teachers 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, leads retreats for young adults, and serves as a member of the diversity committee. Rebecca teaches a body centered approach to meditation, supplemented with large doses of loving kindness. She has a master's degree in Counseling Psychology and is a Licensed Mental Health Counselor (LMHC). For more information, please see her webpage at [www.rebeccabradshaw.org](http://www.rebeccabradshaw.org).

\*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)

