

July Offerings at IWM

For more information, visit insightwma.org/offerings,
and follow [@insight_wma](https://www.instagram.com/insight_wma) on instagram



Dharma Talk, via Zoom

Moving from Anxiety Towards Equanimity (via Self-Compassion)

with Jill Shepherd

Wednesday July 2, 7 - 8:30pm ET



Affinity Group, ***Picnic on July 4th instead of regular meeting.***

BIPOC Affinity Sangha (Black, Indigenous, and Person of Color)

BIPOC Picnic Friday July 4, 5-7:30pm ET - see website for details
(1st & 3rd Fridays)



Open Community Practice, via Zoom

Lovingkindness meditation

with Holly Bishop (Community Dharma Steward)

Monday July 7, 5:30-6:45pm ET



Affinity Group, in person/hybrid at IWM

Queer & Trans Affinity Sangha

Tuesday July 8, 7:15 - 8:45pm ET (2nd Tuesdays & 4th Thursdays)

If hybrid, see website for Affinity Group Zoom link



Dharma Talk, in person/hybrid

Deepening Our Understanding of the Three Characteristics

with Rae Houseman

Wednesday July 9, 7 - 8:30pm ET



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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

Eastworks, 2nd Floor ~ 116 Pleasant Street ~ Suite 242 ~ Easthampton, MA 01027

July Offerings at IWM

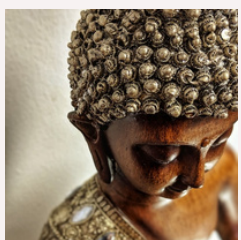
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Affinity Group, in person at IWM

35 & Under Affinity Sangha

Sunday July 13, 5-6:30pm ET (2nd & 4th Sundays)

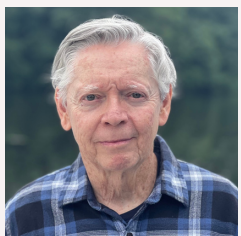


Open Community Practice, in person at IWM

Gratitude

with [Hal Fales](#) (Community Dharma Steward)

Monday July 14, 5:30-6:45pm ET



Dharma Discussion, via Zoom

Community Discussion

with [Michael Grady](#)

Wednesday July 16, 7 - 8:30pm ET



Affinity Group, via Zoom

Chronic Illness/Disability Affinity Group

Thursday July 17, 6:30-8pm (3rd Thursdays)

See website for [Affinity Group Zoom link](#)



Affinity Group, in person at IWM (hybrid if requested)

BIPOC Affinity Sangha (Black, Indigenous, and Person of Color)

Friday July 18, 5:30-7pm ET (1st & 3rd Fridays)

If hybrid, see website for [Affinity Group Zoom link](#)



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Open Community Practice, via Zoom

Trusting in Simplicity

with [Jaya Karlson](#) (Community Dharma Steward)

Monday July 21, 5:30-6pm ET



Dharma Talk, in person/hybrid at IWM

From Bewilderment to Confidence

with [Manny Mansbach](#)

Wednesday July 23, 7 - 8:30pm ET



Affinity Group, in person/hybrid at IWM

Queer/Trans Affinity Sangha

Thursday July 24, 7:15-8:45pm ET (2nd Tuesdays & 4th Thursdays)

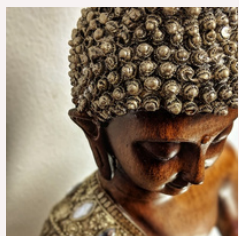
If hybrid, see website for [Affinity Group Zoom link](#)



Affinity Group, in person at IWM

35 & Under Affinity Sangha

Sunday July 27, 5-6:30pm ET (2nd & 4th Sundays)



Open Community Practice, in person at IWM

Wise Effort

with [Holly Bishop](#) (Community Dharma Steward)

Monday July 28, 5:30-6:45pm ET



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Dharma Talk, in person/hybrid at IWM

Equanimity as a Ground for the Practice of Non-Harm

with Jean Esther

Wednesday July 30, 7 - 8:30pm ET

***Saturday Sangha is on summer break June - August,
returning weekly on Saturday September 6.***



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