



Coming Home to the Refuge of the Dharma

In-person retreat with

Rebecca Bradshaw and Jean Esther

Friday, January 27, 7:00-9:00pm

Saturday, January 28, 9:00am-8:00pm

Sunday, January 29, 9:00am-2:00pm

Cherry Hill Cohousing, 120 Pulpit Hill Road in N. Amherst, MA

Rapid test upon arrival and vaccination required

Suggested donation: \$60-\$110 registration + teacher donation. Teacher dana for this retreat will be evenly divided between the teachers (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Description: We are delighted to return to our annual non residential retreat IN PERSON (conditions permitting) at the co-housing community in North Amherst.

Please join us in the quiet of winter in the company of beloved Sangha as we open to whatever is in our hearts and touch into the innate wisdom and compassion that is our true home. We will sit and walk in meditation together, listen to and contemplate the wisdom of the dharma, and share together in large and small groups.

There will be a potluck meal on Saturday evening and a prepared lunch offered on Sunday. To support the container of our retreat please plan to attend the full retreat from Friday evening through Sunday afternoon. Covid protocols will be followed, including requiring vaccination, limiting the number of participants, rapid testing upon arrival, and possible masking depending on conditions.

Please plan to bring a rapid test and mask, a dish for the Saturday evening potluck (refrigeration available), and an individual lunch for Saturday.

We look forward to this sacred time together with you.

*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)

