



Insight Meditation Community of Western Massachusetts

(formerly known as Insight Pioneer Valley)



Discovering Dharma Ease Course

with **Michael Grady**

5 Tuesdays: October 11, 18, 25,
November 1, and 8; 7:00 - 8:15pm ET
via Zoom

This group will explore the ease, freedom, and clarity that we can discover through deepening our understanding of wise and unwise effort in dharma practice. Open to all meditators with at least one year of mindfulness/insight practice.

Suggested donation: \$40 -100 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Michael Grady began practicing Insight Meditation with Joseph Goldstein and Sharon Salzberg in 1974 when they first returned from Asia. He has also been a student of the late Chan master Sheng Yen who taught the practice of Silent Illumination - a practice which emphasizes relaxing the body and mind while practicing awareness without expectations or an agenda. Michael is a Core teacher at IMS in Barre, MA and was a Guiding Teacher at the Cambridge Insight Meditation Center for more than 20 years. Michael moved to Western Mass several years ago and is currently on the Teacher Council of IWM. Having taught extensively in both intensive retreats and in an urban dharma center, Michael encourages an attitude towards practice which is wholistic - that all of life is viewed as an opportunity for awakening to freedom.

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

For more information, please visit our website: www.insightwma.org/offerings.