



Approaching the Winter Solstice: Beginning Again, Here and Now

Retreat with **Devin Berry** and **Tara Mulay**

December 17; 10:00am - 2:00pm ET via Zoom

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: The Winter Solstice provides an opportunity to renew and refresh our aspirations to strengthen mindfulness, compassion, and wisdom. When we practice mindfulness sincerely, beginning again and again each day and in each moment, we nourish ourselves and increase our capacity to connect with and care for our world. During this half daylong retreat, we will also cultivate lovingkindness, opening our hearts to our highest intentions. Please join us for this half day of connection in community and development of our daily practice online.

Devin Berry has been meditating for over 20 years. His practice is primarily informed by the classical teachings of early Buddhism and the Insight Meditation tradition. He has undertaken many periods of silent long-term retreat practice. Devin completed the Dedicated Practitioners Program at Spirit Rock Meditation Center, where he is a visiting teacher. He is currently in the 2017-2021 Insight Meditation Society Teacher Training Program. He served as a core leader with San Francisco POC Insight Sangha. Devin is a community teacher at East Bay Meditation Center in Oakland, CA where he co-founded the teen sangha and the Men of Color sangha. He has recently relocated to Western Massachusetts and teaches nationally. Devin is passionate about the power of witnessing and storytelling as a liberation tool. He is deeply committed to the personal and collective liberation of marginalized communities knowing that through the integration of reflection and insight, clarity and wisdom give rise to wise action. Devin's website is devinberry.org.

Tara Mulay's practice and teachings stem from the lineage of Mahasi Sayadaw. She has been authorized to teach by Insight Meditation Society in Barre, Massachusetts and has gratefully drawn influence from many teachers within and outside of the Mahasi lineage, including Howard Cohn, Kamala Masters, Gil Fronsdal, Joseph Goldstein, Sayadaw U Tejaniya, and Ayya Anandabodhi. Tara practiced criminal defense law in California for over 20 years. She was a leader of Mission Dharma in San Francisco, and in 2016 she co-founded the San Francisco People of Color Insight Sangha. She remained a core teacher with the group until the spring of 2019, when she relocated to Western Massachusetts. She then served as Interim Guiding Teacher of Insight Western Massachusetts from April 2020-April 2021. Tara felt initially drawn to dharma practice upon encountering the Buddha's teachings rejecting social caste as a measure of worth and of capacity for awakening. She believes classical Buddhist practices, designed to cultivate compassion, non-greed, non-hatred, and non-delusion, are uniquely potent vehicles for empowering people in marginalized communities and effecting social change. For more information, please visit Tara's website taramulay.com.

*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)

