

Mini Retreat into Joy.



**Half Day Retreat
with Éowyn Ahlstrom**

**Saturday August 30
1:30-5:30pm ET
*Location TBD***

Suggested donation: \$20-45 registration + teacher donation.

(we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Join us for an afternoon of uplifting meditative practices that will support you in setting aside the cares of the world for a while.

Enjoy guided mindful movement and meditation, plus community conversation around bringing joy to life.

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



Insight Meditation Community of Western Massachusetts
insightwma.org/offerings
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