

March Offerings at IWM

For more information on each of these offerings, please visit our website: www.insightwma.org/offerings.



Daylong Retreat, in-person/hybrid at IWM

[How to Come Home](#)

with [Cara Lai](#)

Saturday, March 2; 9:00 am– 4:00pm ET



Cara will also be offering a BIPOC affinity session on Sunday, March 3, at 9–10am, in-person only. Please email leadership@insightwma.org with any questions or to let us know you'll be attending.



Community Open Practice, via Zoom

[Loving Kindness Meditation](#)

with [Jennifer Delozier](#) (Community Dharma Steward)

Monday, March 4; 5:30–6:45pm ET



Dharma Talk, via Zoom

[Genuine Happiness: An Alternative Perspective](#)

with [Dave Smith](#)

Wednesday, March 6; 7:00 – 8:30pm ET



Community Open Practice, via Zoom

[Third Hindrance: 'Sloth and Torpor', sleepiness](#)

with [Suzanne Artemieff](#) (Community Dharma Steward)

Monday, March 11; 5:30–6:45pm ET

More March Offerings at IWM

For more information on each of these offerings, please visit our website: www.insightwma.org/offerings.



Course, via Zoom

Meditative Investigation: A Class For Experienced Meditators
with **Michael Grady**

4 Tuesdays: March 12, 19, 26, and April 2; 7:00 – 8:15pm ET



Dharma Talk, in-person/hybrid at IWM

Spiritual Friendship

with **Bernadine Mellis** and **Lore Detenber**

Wednesday, March 13; 7:00 – 8:30pm ET



Affinity Group, in-person/possibly hybrid at IWM in Eastworks

BIPOC Affinity Sangha

Friday, March 15; 5:30–7:00pm (Third Fridays)



Community Open Practice, via Zoom

Fourth Hindrance: Fear, restlessness

with **Holly Bishop** (Community Dharma Steward)

Monday, March 18; 5:30–6:45pm ET



Dharma Talk, definitely Zoom; TBD if in-person/hybrid

Open Community Practice and Dharma Talk

with **Devin Berry**

Wednesday, March 20; 7:00 – 8:30pm ET



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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

More March Offerings at IWM

For more information on each of these offerings, please visit our website: www.insightwma.org/offerings.



Half-day Retreat, in-person at IWM
[In Other Words: Inviting Poetry into our Practice](#)
with [Carolyn West](#)
Saturday, March 23; 9:30am – 12:30pm



Community Offering, in-person/possibly hybrid at IWM
[Moon Day Chanting and Precepts](#)
facilitated by [Doug Kremm](#)
Sunday, March 24; 5:45 – 6:45pm ET



Community Open Practice, in-person/TBD if hybrid
[Fifth Hindrance: Doubt](#)
with [Jennifer Delozier](#) (Community Dharma Steward)
Monday, March 25; 5:30–6:45pm ET



Dharma Talk, via Zoom
[Open Community Practice and Dharma Talk](#)
with [Greg Scharf](#)
Wednesday, March 27; 7:00 – 8:30pm ET



Affinity Group, TBD
[Queer/Trans Affinity Sangha](#)
Thursday, March 28; 7:15 – 8:45pm ET (Fourth Thursdays)



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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