

August Offerings at IWM

For more information, visit insightwma.org/offerings,
and follow [@insight_wma](https://www.instagram.com/insight_wma) on instagram



Affinity Group, in person at IWM (hybrid if requested)

BIPOC Affinity Group

Friday August 1, 5:30-7pm ET

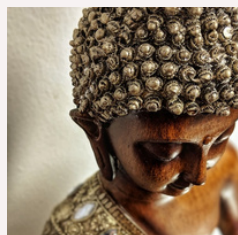
First and Third Fridays



Potluck Picnic, [Nonotuck Park](#), Easthampton - [Pavilion 4](#)

Annual IWM Potluck Picnic and Appreciation Event

Sunday August 3, 11am-1pm ET, with a brief program at 12



Open Community Practice, via Zoom

Lovingkindness Meditation

with [Holly Bishop](#) (Community Dharma Steward)

Monday August 4, 5:30-6:45pm ET



Dharma Talk, via Zoom

Moving from anxiety towards equanimity (via muditā)

with [Jill Shepherd](#)

Wednesday August 6, 7-8:30pm ET



Affinity Group, in person at IWM

35 & Under Affinity Sangha

Sunday August 10, 5-6:30pm ET (2nd & 4th Sundays)



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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

Eastworks, 2nd Floor ~ 116 Pleasant Street ~ Suite 242 ~ Easthampton, MA 01027

August Offerings at IWM

For more information, visit insightwma.org/offerings,
and follow [@insight_wma](https://www.instagram.com/insight_wma) on instagram



Open Community Practice, in person at IWM

Generosity

with [Hal Fales](#) (Community Dharma Steward)

Monday August 11, 5:30-6:45pm ET



Affinity Group, in person/hybrid at IWM

Queer/Trans Affinity Sangha

Tuesday August 12, 7:15-8:45pm ET

If hybrid, see website for [Affinity Group Zoom link](#)



Open Community Practice and Discussion, via Zoom

Patience

with [Suzanne Artemieff](#) (Practice Leader)

Wednesday August 13, 7-8:30pm ET

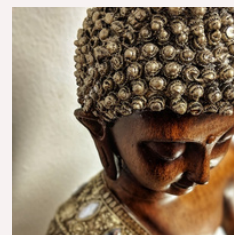


Affinity Group, in person at IWM (hybrid if requested)

BIPOC Affinity Sangha (Black, Indigenous, and Person of Color)

Friday August 15, 5:30-7pm ET (1st & 3rd Fridays)

If hybrid, see website for [Affinity Group Zoom link](#)



Open Community Practice, via Zoom

Viriya: Aligning our energy in wholesome directions

with [Jaya Karlson](#) (Community Dharma Steward)

Monday August 18, 5:30-6pm ET



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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

Eastworks, 2nd Floor ~ 116 Pleasant Street ~ Suite 242 ~ Easthampton, MA 01027

August Offerings at IWM

For more information, visit insightwma.org/offerings,
and follow [@insight_wma](https://www.instagram.com/insight_wma) on instagram



Dharma Talk, via Zoom

Meditation in the Age of AI: What's Metta Got to Do With It?

with Zeenat Potia

Wednesday August 20, 7-8:30pm ET



Affinity Group, via Zoom

Chronic Illness/Disability Affinity Group

Thursday August 21, 6:30-8pm (3rd Thursdays)

See website for [Affinity Group Zoom link](#)



Affinity Group, in person at IWM

35 & Under Affinity Sangha

Sunday August 24, 5-6:30pm ET (2nd & 4th Sundays)



Open Community Practice, in person at IWM

Kalyana Mitta (Spiritual Friendship)

with Hal Fales (Community Dharma Steward)

Monday August 25, 5:30-6:45pm ET



Dharma Talk, in person/hybrid

Open Community Practice and Dharma Talk

with Mia Monos

Wednesday August 27, 7-8:30pm ET



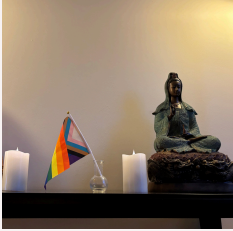
Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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

Eastworks, 2nd Floor ~ 116 Pleasant Street ~ Suite 242 ~ Easthampton, MA 01027

August Offerings at IWM

For more information, visit insightwma.org/offerings,
and follow [@insight_wma](https://www.instagram.com/insight_wma) on instagram



Affinity Group, in person/hybrid at IWM

Queer/Trans Affinity Sangha

Thursday August 28, 7:15-8:45pm ET

If hybrid, see website for [Affinity Group Zoom link](#)



Practice Group, in person at IWM

Social Justice Group

Saturday August 30, 10:30am-12pm

(Last Saturdays)



Half-Day Retreat, in person at Sun Studio, Florence

Mini Retreat into Joy

with [Éowyn Ahlstrom](#)

Saturday August 30, 1:30-5:30pm ET

***Saturday Sangha is on summer break June - August,
returning weekly on Saturday September 6.***



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

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

Eastworks, 2nd Floor ~ 116 Pleasant Street ~ Suite 242 ~ Easthampton, MA 01027