



Beginner Course

Course with **Candace Cassin**

**6 Thursdays: January 5, 12, 19, 26, February 2, and 9;
4:00-5:30pm ET. This Offering is Zoom only.**

Suggested donation: \$48-120 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Description: This six-week class will offer an introduction to the Buddha's teachings on meditation. We will practice both insight and lovingkindness meditation, and will discuss practical ways to support a home practice. We will also explore ways to bring mindful awareness "off the cushion" and into everyday life. To help integrate the material, there will be suggestions for practice during the week between sessions. This class is designed especially for people who are new to meditation or who desire a review of the foundational principles and practices. The class will be held on Zoom.

Candace Cassin has been practicing Insight Meditation since 1983, and teaching at IWM since 2008. Her personal practice and teaching approach are rooted in the classical teachings, and she is especially interested in the integration of insight, wisdom, and compassion in everyday life, both on the personal and social levels. In her former incarnations she worked in the disability field and as a hospice chaplain.

*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)

