

Affinity Groups at IWM

New Zoom link for Affinity Groups, see website for details:
www.insightwma.org/affinity-groups.html



BIPOC Affinity Group

1st and 3rd Fridays, 5:30-7:00pm ET, in-person/hybrid at IWM

All who identify as BIPOC (Black, Indigenous, People of Color) are welcome. The loose format of our meetings is as follows: Introductions and sharing how “we are arriving;” Practice; Discussion; Closing thoughts.



35 & Under Affinity Group

2nd and 4th Sundays, 5-6:30pm ET, in-person at IWM

An opportunity for those aged 35 & under to gather in community and practice the dharma in a supportive setting. Meetings will offer time for meditation, reflection, sharing, and socializing.



Chronic Illness/Disability Affinity Group

3rd Thursdays, 6:30-8pm ET, via Zoom

All who identify as Chronically Ill or Disabled are welcome. We will practice together and have time for discussion and building community.



Queer & Trans Affinity Group

2nd Tuesdays and 4th Thursdays, 7:15 - 8:45pm ET, in-person at IWM (usually hybrid - check website for updates)

All LGBTQIA2S+ identities are welcome! We will practice together and have time for discussion and building community.

Dates and locations can shift -- check our website for the most up-to-date info!

For more information on any of our affinity offerings,
write to leadership@insightwma.org



Insight Meditation Community of Western Massachusetts
Eastworks, 116 Pleasant St #242, Easthampton MA
insightwma.org/offerings
[@insight_wma](https://www.instagram.com/insight_wma)

