

# Affinity Groups at IWM

**New Zoom link for Affinity Groups, see website for details:  
[www.insightwma.org/affinity-groups.html](http://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](mailto:leadership@insightwma.org)



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

