



Insight Meditation
Community of
Western Massachusetts
(formerly known as Insight Pioneer Valley)

Open Community Practice

Drop in anytime, no registration required.

Drop in for all levels unless otherwise specified.

All open sittings are being held via Zoom until further notice.

Mondays

led by a Community Dharma Steward

5:30 - 6:15pm,

discussion 6:15 - 6:45pm

Blessing Circle Practice on first Mondays.

*Orientations on second Mondays after the meditation practice.

Tuesdays, peer led

7:45 - 8:30am + discussion

Wednesdays

Sitting 7:00 - 7:30pm, dharma talk 7:35 - 8:30pm

Dharma talks by IWM & visiting teachers, see website for details.

Thursdays, led by a Community Dharma Steward

7:45 - 8:30am + discussion

Fridays, unguided peer led

5:45-6:30pm

*The orientation will give you guidance for the silent meditation at the beginning, then provide an overview of IWM history, mission, and guiding principles, as well as the basics of insight meditation and sitting posture.

Opportunity to practice generosity - donations of any amount are welcome.

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

For Zoom link and more information, please visit our website:

www.insightwma.org/open-practice.html