

May Offerings at IWM

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



Affinity Group, in-person/hybrid at IWM

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

Friday May 2, 5:30-7pm ET - First and Third Fridays

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



Open Practice, in person at IWM

Saturday Sangha

Saturday May 3, 8:45-10am ET

(Every Saturday)



Open Community Practice, via Zoom

Lovingkindness meditation

with [Jennifer Delozier](#) (Community Dharma Steward)

Monday May 5, **5:30-6pm ET**

note: shorter practice tonight due to Panel Discussion at 6:30



Local Teacher Panel, in person/hybrid at IWM

Socially Engaged Buddhism in These Current Times

Moderated by [Jean Esther](#) with panel members [Adi Bemak](#), [Manny Mansbach](#), and [Bernadine Mellis](#)

Monday May 5, 6:30pm - 8:30 pm ET



Dharma Talk, via Zoom

What Happens When Something Ends?

with [Yenkuei Chuang](#)

Wednesday May 7, 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

May Offerings at IWM

For more information, visit insightwma.org/offering,
and follow @insight_wma on instagram



Open Practice, in person at IWM

Saturday Sangha

Saturday May 10, 8:45-10am ET
(Every Saturday)



Half-Day Retreat, in person/hybrid at IWM

Finding Inner Balance Amid Outer Chaos: Patience and Mindfulness as Path to Equanimity

with [Dawn Scott](#)

Sunday May 11, 10am-1pm



Affinity Group, in person at IWM

35 & Under Affinity Sangha

Sunday May 11, 5-6:30pm ET - Second and Fourth Sundays

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



Open Community Practice, in person at IWM

Ninth Parami: Metta

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

Monday May 12, 5:30-6:45pm ET



Affinity Group, in person at IWM (hybrid TBD)

Queer & Trans Affinity Sangha

Tuesday May 13, 7:15 - 8:45pm ET (2nd Tuesdays & 4th Thursdays)

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



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

May Offerings at IWM

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



Dharma Talk, in person/hybrid at IWM

The unknown is where all outcomes are possible; enter it with grace....

with [nakawe cuebas](#)

Wednesday May 14, 7 - 8:30pm ET



Affinity Group, via Zoom

Chronic Illness/Disability Affinity Group

Thursday May 15, 6:30-7:30pm ET - Third Thursdays

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



Affinity Group, in person/hybrid at IWM

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

Friday May 16, 5:30-7pm ET - First and Third Fridays

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



Open Practice, in person at IWM

Saturday Sangha

Saturday May 17, 8:45-10am ET

(Every Saturday)



Open Community Practice, via Zoom

Tenth Parami: Equality

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

Monday May 19, 5:30-6:45pm 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

May Offerings at IWM

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



Dharma Talk, via Zoom

Returning Home: Discovering our Deepest Refuge

with Jessie Morey

Wednesday May 21, 7 - 8:30pm ET



Affinity Group, in person/hybrid at IWM

Queer & Trans Affinity Sangha

Thursday May 22, 7:15 - 8:45pm ET (2nd Tuesdays & 4th Thursdays)

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



Open Practice, in person at IWM

Saturday Sangha

Saturday May 24, 8:45-10am ET

(Every Saturday)



Affinity Group, in person at IWM

35 & Under Affinity Sangha

Sunday May 25, 5-6:30pm ET - Second and Fourth Sundays

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



Open Community Practice, in person at IWM

Refuge

with Holly Bishop (Community Dharma Steward)

Monday May 26, 5:30-6:45pm 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

May Offerings at IWM

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



Dharma Talk, in person/hybrid at IWM
Equanimity for Engagement
with [Eve Decker](#)
Wednesday May 28, 7-8:30pm ET



Open Practice, in person at IWM
Saturday Sangha
Saturday May 31, 8:45-10am ET
(Every Saturday)



Practice Group, in person at IWM
Social Justice Group
Saturday May 31, 10:30am-12pm
New group! Next meeting TBD



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