

Taking Refuge Together in the Dharma



with Rebecca Bradshaw
and Jean Esther

Friday, January 26 –
Sunday, January 28

Suggested donation: \$90–\$175
registration + teacher donation

We are delighted to once again hold our annual non residential retreat IN-PERSON (conditions permitting) in 2024 at the Cherry Hill Co-Housing Community in North Amherst.

Amidst the challenges of life personally and globally, it can be significantly restorative to take time in our lives for silent retreat. In the company of beloved Sangha, in the quiet of winter, we will open to our hearts and touch into the innate compassionate wisdom that is our true home. We will sit and walk in meditation together, contemplate the wisdom of the dharma, and share together in large and small groups.

There will be a potluck meal on Saturday evening and a prepared lunch offered on Sunday. To support the container of our retreat please plan to attend the full retreat from Friday evening through Sunday afternoon. Covid protocols will be followed, including rapid testing upon arrival, and optional masking depending on conditions. There will be a section of the meditation hall reserved for masked participants who would prefer to sit near other masked folks.

Please plan to bring a rapid test, a dish for the Saturday evening potluck (refrigeration available), and an individual lunch for Saturday.

We look forward to this sacred time together with you.



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

Read more and register on our website:
www.insightwma.org/offerings.html

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