



INSIGHT MEDITATION CENTER of NEWBURYPORT

443 Middle Street • West Newbury, MA 01985 • 978-499-0325 • email: Meditate@IMCNewburyport.org

2010 Schedule September through December

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12 9:00-5:00pm Retreat Chas DiCapua	13 7:00-8:30pm Intro. to Insight Meditation Class (Class #1)	14 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	15 7:00-8:45pm Practice as Relation- ship, Relationship as Practice (Class #1)	16 7:30-8:15am Sitting 7:00-7:45pm Sitting	17	18
19 9:00-11:00am Intensive Workshop Kate Wheeler	20 No Class	21 7:45-8:30am Sitting No Mini-Retreat	22 No Class	23 7:30-8:15am Sitting 7:00-7:45pm Sitting	24	25
26	27 7:00-8:30pm Intro. to Insight (Class #2)	28 7:45-8:30am Sitting Mini-Retreat	29 7:00-8:45pm Practice as Relationship (Class #2)	30		

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 9:30am-1:00pm 1/2 Day Retreat Matthew Daniell	4 7:00-8:30pm Intro. to Insight Meditation Class (Class #3)	5 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	6 7:00-8:45pm Practice as Relation- ship, Relationship as Practice (Class #3)	7 7:45-8:30am Sitting 7:00-7:45pm Sitting	8	9 9:00-12:30 Retreat 12:30-2:00 Potluck Lunch 2:00-3:00Talk/ Q&A
10	11 7:00-8:30pm Intro. to Insight Meditation Class (Class #4)	12 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	13 7:00-8:45pm Practice as Relation- ship, Relationship as Practice (Class #4)	14 7:45-8:30am Sitting 7:00-7:45pm Sitting	15	16
17 9:00-5:00pm Retreat Kate Wheeler	18 7:00-8:30pm Intro. to Insight Meditation Class (Class #5)	19 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	20 7:00-8:45pm Practice as Relation- ship, Relationship as Practice (Class #5)	21 7:45-8:30am Sitting 7:00-7:45pm Sitting	22	23
24/31	25 7:00-8:30pm Intro. to Insight Meditation Class (Class #6)	26 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	27 7:00-8:45pm Practice as Relation- ship, Relationship as Practice (Class #6)	28 7:45-8:30am Sitting 7:00-7:45pm Sitting	29	30 9:30am-1:00pm 1/2 Day Retreat with Matthew Daniell

Please register for weekend retreats and workshops using the enclosed form. If there are not enough participants registered for a retreat or workshop, we may need to cancel the event. If there are sufficient participants, last minute registration is always welcome. If we have any questions or the program is full or cancelled, we will contact you.

Please see our website for the most up to date schedule. Donations are greatly appreciated.



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November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Evening Class	2 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	3 7:00-8:45pm Special Refuges and Precepts evening 7:00-9:00pm	4 7:45-8:30am Sitting 7:00-7:45pm Sitting	5	6 9:00-5:00pm Retreat Matthew Daniell
7	8 7:00-8:30pm Intro. to Insight Meditation Class (Class #1 - Session 2)	9 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	10 7:00-8:45pm Practice as Relationship, Relationship as Practice (Class #1- Session 2)	11 7:45-8:30am Sitting 7:00-7:45pm Sitting	12	13
14	15 7:00-8:30pm Intro. to Insight Meditation Class (Class #2)	16 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	17 7:00-8:45pm Practice as Relationship, Relationship as Practice (Class #2)	18 7:45-8:30am Sitting 7:00-7:45pm Sitting	19	20
21 9:00-5:00pm Retreat Kate Wheeler	22 7:00-8:30pm Intro. to Insight Meditation Class (Class #3)	23 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	24 7:00-8:45pm Practice as Relationship, Relationship as Practice (Class #3)	25 7:45-8:30am Sitting 7:00-7:45pm Sitting	26	27
28	29 7:00-8:30pm Intro. to Insight Meditation Class (Class #4)	30 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat				

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00-8:45pm Practice as Relationship, Relationship as Practice (Class #4)	2 7:45-8:30am Sitting 7:00-7:45pm Sitting	3	4 9:00-5:00pm Retreat Chas DiCapua
5	6 7:00-8:30pm Intro. to Insight Meditation Class (Class #5)	7 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	8 7:00-8:45pm Practice as Relationship, Relationship as Practice (Class #5)	9 7:45-8:30am Sitting 7:00-7:45pm Sitting	10	11
12 9:30am-1:00pm 1/2 Day Retreat Matthew Daniell	13 7:00-8:30pm Intro. to Insight Meditation Class (Class #6)	14 7:45-8:30am Sitting 9:30am-12:45pm Mini-Retreat	15 7:00-8:45pm Practice as Relationship, Relationship as Practice (Class #6)	16 7:45-8:30am Sitting 7:00-7:45pm Sitting	17	18
19	20	21	22	23	24	25
<i>IMCN will be closed from December 17th through January 10th for Winter break</i>						
26	27	28	29	30	31	