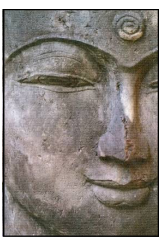


INSIGHT MEDITATION CENTER of NEWBURYPORT

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

2010 Schedule January 19th through April 30th

January 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 7:45-8:30am Sitting	6	7 6:45-7:30pm Sitting	8	9
10	11	12 7:45-8:30am Sitting	13	14 6:45-7:30pm Sitting	15	16
<i>No Classes or Retreats at IMCN until Jan 19th</i>						
17	18	19 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	20 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #1)	21 7:45-8:30am Sitting 6:45-7:30pm Sitting	22	23 Pilgrimage-Practice Workshop 10-1 Matthew Daniell
24	25 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #1)	26 7:45-8:30am Sitting 9:00am -12:15pm Mini-Retreat	27 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #2)	28 7:45-8:30am Sitting 6:45-7:30pm Sitting	29	30/31 (Sunday) Insight Meditation Retreat 9:00am-5:00pm Chas DiCapua
February 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #2)	2 7:45-8:30am Sitting 9:00am -12:15pm Mini-Retreat	3 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #3)	4 7:45-8:30am Sitting 6:45-7:30pm Sitting	5	6
7	8 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #3)	19 7:45-8:30am Sitting 9:00am-12:30pm Mini-Retreat	10 (No class due to weather)	11 7:45-8:30am Sitting 6:45-7:30pm Sitting	12	13 Insight Meditation Retreat 9:00am-5:00pm Matthew Daniell
14	15 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #4)	20 7:45-8:30am Sitting 9:00am-12:30pm Mini-Retreat	17 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #4)	18 7:45-8:30am Sitting 6:45-7:30pm Sitting	19	20
21	22 No Class	23 7:45-8:30am Sitting No Mini-Retreat	24 No Class Matthew giving a dharma talk at CIMC	25 7:45-8:30am Sitting 6:45-7:30pm Sitting	26	27
28 Insight Meditaion Retreat 9:00am-5:00pm Kate Wheeler						
<p>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. Refunds will be given for medical or family emergencies only.</p> <p>Please see our website for the most up to date schedule. <i>Donations are greatly appreciated.</i></p>						



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March 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #5)	2 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	3 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #5)	4 7:45-8:30am Sitting 6:45-7:30pm Sitting	5	6 Insight Meditation Retreat 9:00am-5:00pm Chas DiCapua
7	9 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #6)	9 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	10 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #6)	11 7:45-8:30am Sitting 6:45-7:30pm Sitting	12	13
14	15 No Scheduled Class	16 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	17 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #7)	18 7:45-8:30am Sitting 6:45-7:30pm Sitting	19	20 Community Pot Luck Dinner Slide Show Ralph Davis 6:30-8:30
21 Insight Meditation Retreat 9:00am-5:00pm Matthew Daniell	22 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #1)	23 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	24 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #1)	25 7:45-8:30am Sitting 6:45-7:30pm Sitting	26	27
28 Insight Meditation Retreat 9:00am-5:00pm Kate Wheeler	29 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #2)	30 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	31 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #2)			
April 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:45-8:30am Sitting 6:45-7:30pm Sitting	2	3
4	5 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #3)	6 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	7 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #3)	8 7:45-8:30am Sitting 6:45-7:30pm Sitting	9	10 Insight Meditation Retreat 9:00am-5:00pm Chas DiCapua
11	12 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #4)	13 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	14 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #4)	15 7:45-8:30am Sitting 6:45-7:30pm Sitting	16	17
18	19 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #5)	20 7:45-8:30am Sitting 9:00am-12:15pm Mini-Retreat	21 7:00-8:45pm Open Heart/ Grounded Presence Practice group (Class #5)	22 7:45-8:30am Sitting 6:45-7:30pm Sitting	23	24 Joy and Gratitude Retreat 9:00am-5:00pm Kate Wheeler
25	26 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #6)	27 7:45-8:30am Sitting 9:00am-12:15pm	28 7:00-8:45pm Open Heart/ Grounded Presence Practice group	29 7:45-8:30am Sitting 6:45-7:30pm Sitting	30	