

Insight Meditation Center of Newburyport Calendar March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:45-8:30am Sitting 9:30am-12:45pm Open Practice NO EVENING CLASS	2	3 9:30am-1pm Yoga Workshop Chris Crotty & Matthew Daniell
4	5 7:00pm-7:45pm Sitting	6 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period NO DROP-IN CLASS	7 2pm-5pm Open Practice Period 7pm-9pm Mindful Communication (Class # 7)	8 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Make-up Class	9	10 10am-12:30pm Intro to Insight Meditation Workshop Matthew Daniell
11	12 7:00pm-7:45pm Sitting	13 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 5:30pm-6:45pm Book Discussion Group	14 2pm-5pm Open Practice Period 7pm-9pm Mindful Communication (Class # 8)	15 7:45-8:30am Sitting 9:30am-12:45pm Open Practice 7-8:30pm Intro to Med. Session 2 (Class #1)	16	17 Full Day Retreat Chas DiCapua
18	19 7:00pm-7:45pm Sitting	20 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	21 2pm-5pm Open Practice Period 7pm-9pm Mindful Communication (Class # 9)	22 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #2)	23	24 Children's Program 10am-11:30am
25 9:30am-1pm Yoga Workshop Jim Austin	26 7:00pm-7:45pm Sitting	27 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 5:30pm-6:45pm Book Discussion Group	28 2pm-5pm Open Practice Period 7pm-9pm Mindful Communication (Class # 10)	29 7:45-8:30am Sitting 9:30am-12:45pm Open Practice 7-8:30pm Intro to Med (Class #3)	30	31 Full Day Retreat Matthew Daniell