

Insight Meditation Center of Newburyport APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7-8:30pm Online Intro to Insight Med. Class (2) TJ	2	3 9am-12:30pm Wakeful Rest Retreat with Matthew Daniell
4	5 7-8pm Mindful- ness with Covid	6	7 7-9pm Online Wed. Med. Class	8 7-8:30pm Online Intro to Insight Med. Class (3) TJ	9 7-8:30pm Online Evening Talk with Rebecca Bradshaw	10 9am-12:30 Online Half Day Retreat with Rebecca Bradshaw
11	12	13	14 7-9pm Online Wed. Med. Class	15 7-8:30pm Online Intro to Insight Med. Class (4) TJ	16	17 10am-12:30pm Beginners Retreat with Ted Jones
18	19 7-8pm Loving Kindness with Covid	20	21 7-9pm Online Wed. Med. Class	22 7-8:30pm Online Intro to Insight Med. Class (5) TJ	23	24
25 9am-5pm Full Day Retreat with Chas DiCapua	26	27	28 7-9pm Online Wed. Med. Class	29	30	