

Insight Meditation Center of Newburyport DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 11am-1pm Wednesday Open Practice Period</p> <p>7-9pm Wed. Med. Class (12)</p>	<p>2 7:45-8:30am Open Sit</p> <p>7-8:30pm Intro. to Insight Mediation (5)</p>	3	<p>4 10am-4:30pm Workshop with Matthew Daniell & Effie Stavoulaki</p>
5	<p>6 7-8pm Online Mind- fulness Drop-in Ses- sion</p>	<p>7 7:45-8:30am Tuesday Morning Open Sit</p>	<p>8 11am-1pm Wednesday Open Practice Period</p>	<p>9 7:45-8:30am Open Sit</p> <p>7-8:30pm Intro. to Insight Mediation (6)</p>	10	<p>11 10am-12:30pm Intro Retreat with Ted Jones</p>
12	13	<p>14 7:45-8:30am Tuesday Morning Open Sit</p>	<p>15 11am-1pm Wednesday Open Practice Period</p>	<p>16 7:45-8:30am Open Sit</p> <p>7-8:30pm Intro. to Insight Mediation (7)</p>	17	<p>18 9:30am-12:30pm Loving Kindness for the Holidays and Holiday Potluck Lunch 12:30-3pm with Matthew Daniell</p>
19	<p>20 7-8pm Online Loving Kindness Drop-in Session</p>	<p>21 7:45-8:30am Tuesday Morning Open Sit</p>	<p>22 11am-1pm Wednesday Open Practice Period</p>	<p>23 7:45-8:30am Open Sit</p>	24	<p>25 CHRISTMAS</p>
26	27	<p>28 7:45-8:30am Tuesday Morning Open Sit</p>	<p>29 11am-1pm Wednesday Open Practice Period</p>	<p>30 7:45-8:30am Open Sit</p>	31	