

Insight Meditation Center of Newburyport FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 7-9pm Online Wed. Med. Class (5)	4 7-8:30pm Online Intro to Med. Class (5) MD	5	6
7	8 7-8pm Mindfulness with Covid	9 7-8:30pm Book Group (3)	10 7-9pm Online Wed. Med. Class (6)	11 7-8:30pm Online Intro to Med. Class (1) TJ	12	13 9am-12:30 Loving Kindness & Com- passion Retreat with Matthew Daniell
14	15	16	17 7-9pm Online Wed. Med. Class (7)	18 7-8:30pm Online Intro to Med. Class (2) TJ	19	20 10am-12:30pm Beginners Retreat with Matthew Daniell
21	22 7-8pm Loving Kindness with Covid	23 7-8:30pm Book Group (4)	24 7-9pm Online Wed. Med. Class (8)	25 7-8:30pm Online Intro to Med. Class (3) TJ	26 7-8:30pm Evening Talk with Rebecca Bradshaw	27 9am-12:30pm Half Day Retreat with Rebecca Bradshaw
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