

Insight Meditation Center of Newburyport JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6 7-9pm Online Wed. Med. Class (1)	7 7-8:30pm Online Intro Class (1) MD	8	9
10	11 7-8pm Mindfulness during Covid	12 7-8:30pm Book Group (1)	13 7-9pm Online Wed. Med. Class (2)	14 7-8:30pm Online Intro Class (2) MD	15 7-8:30pm Evening Talk with Rebecca Bradshaw	16 9am-12:30 Half Day Retreat with Rebecca Bradshaw
17	18	19	20 7-9pm Online Wed. Med. Class (3)	21 7-8:30pm Online Intro Class (3) MD	22	23 10am-12:30pm Beginners Retreat with Ted Jones
24	25 7-8pm Loving Kindness with Covid	26 7-8:30pm Book Group (2)	27 7-9pm Online Wed. Med. Class (4)	28 7-8:30pm Online Intro Class (4) MD	29	30 9am-12:30pm No Toys Retreat with Matthew Dan- iell