

## Insight Meditation Center of Newburyport      MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 7-9pm Online Wed. Med Class	4 7-8:30pm Online Intro to Med. Class (4) TJ	5	6
7 9am-5pm Full Day Retreat with Chas DiCapua	8 7-8pm Mindfulness with Covid	9 7-8:30pm Book Group (5)	10 7-9pm Online Wed. Med Class	11 7-8:30pm Online Intro to Med. Class (5) TJ	12	13
14	15	16	17 7-9pm Online Wed. Med Class	18	19	20 9:30am-1pm Half Day Workshop with Jess Morey
21	22 7-8pm Loving Kindness with Covid	23 7-8:30pm Book Group (6)	24 7-9pm Online Wed. Med Class	25 7-8:30pm Intro to Med. Class (1) TJ	26	27 9am-12:30pm Half Day Retreat with Jim Austin
28	29	30	31 7-9pm Online Wed. Med Class			