

Insight Meditation Center of Newburyport JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Online Offerings are in Red All Other Offerings are Held On-Site and are Subject to Change					1	2
3	4 FOURTH OF JULY	5 7:45-8:30am Open Sitting 7-8:30pm ONLINE Book Group (4)	6 7-9pm ONLINE Wednesday Poetry Class (1)	7 7:45-8:30am Open Morning Sit	8	9 10-11:30am Children's Program With Sylvania Willcox
10	11 7-8pm ONLINE Mindfulness Drop-in Session	12 7:45-8:30am Open Sitting	13 7-9pm ONLINE Wednesday Poetry Class (2)	14 7:45-8:30am Open Morning Sit 7-8:30pm Intro to Insight Med. Class (1)	15	16 9:30am-1PM ONLINE Anapanasati Sutta Workshop with Jim Austin
17	18	19 7:45-8:30am Open Sitting 7-8:30pm ONLINE Book Group (5)	20 7-9pm ONLINE Wednesday Poetry Class (3)	21 7:45-8:30am Open Morning Sit 9:30am-12:30pm Thursday Mini Retreat 7-8:30pm Intro to Insight Med. Class (2)	22	23 9am-12:30pm ONLINE Half Day Retreat with Rebecca Bradshaw
24	25 7-8pm ONLINE Loving Kindness Drop-in Session	26 7:45-8:30am Open Sitting	27 7-9pm ONLINE Wednesday Poetry Class (4)	28 7:45-8:30am Open Morning Sit 7-8:30pm Intro to Insight Med. Class (3)	29	30 9:30am—1pm Loving Kindness Half Day Workshop with Effie Stavoulaki
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