

Insight Meditation Center of Newburyport FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Online Offerings in Red All Other Offerings Are Held On-Site and Are Subject to Change		1 7:45-8:30am Open Sitting 7-8:30pm ONLINE-Book Group (3)	2 7-9pm ONLINE Wed. Med. Class (4)	3 7:45-8:30am Open Morning Sit 7-8:30pm Intro to Med. Class (4)	4	5 9am-5pm On-Site No Toys Retreat with Matthew Daniell
6	7 7-8pm ONLINE-Mindfulness Drop-In Session	8 7:45-8:30am Open Sitting	9 No Wednesday Meditation Class	10 7:45-8:30am Open Morning Sit 7-8:30pm Intro to Med. Class (5)	11	12 10am-12:30pm On-Site Beginners Retreat with Ted Jones
13	14	15 7:45-8:30am Open Sitting 7-8:30pm ONLINE-Book Group (4)	16 7-9pm ONLINE Wed. Med. Class (5)	17 7:45-8:30am Open Morning Sit	18	19 9:30am-1pm On-Site Half Day Workshop with Steve Notis
20	21 7-8pm ONLINE Loving Kindness Drop-In Session	22 7:45-8:30am Open Sitting	23 7-9pm ONLINE Wed. Med. Class (6)	24 7:45-8:30am Open Morning Sit 7-8:30pm Intro to Med. Class (1)	25	26
27	28					