

## Insight Meditation Center of Newburyport    JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Online Offerings in Red</b>                      All Other Offerings Are Held On-Site                      and Are Subject to Change</p>					1 HAPPY NEW YEAR!
2	3	4 7:45-8:30am Open Sitting  <b>7-8:30pm ONLINE Book Group (1)</b>	5	6 7:45-8:30am Open Sitting	7	8 <b>10am-12:30pm ONLINE Beginners Retreat with Matthew Daniell</b>
9	10 <b>7-8pm ONLINE Mindfulness Drop-in Session</b>	11 7:45-8:30am Open Sitting	12 <b>7-9pm ONLINE Wed. Med. Class (1)</b>	13 7:45-8:30am Open Sitting  7-8:30pm Intro to Med. Class (1)	14	15
16	17	18 7:45-8:30am Open Sitting  <b>7-8:30pm ONLINE Book Group (2)</b>	19 <b>7-9pm ONLINE Wed. Med. Class (2)</b>	20 7:45-8:30am Open Sitting  7-8:30pm Intro to Med. Class (2)	21 <b>7-8:30pm ONLINE Evening Talk with Rebecca Bradshaw</b>	22 <b>9am-12:30pm ONLINE Half Day Retreat with Rebecca Bradshaw</b>
23	24 <b>7-8pm 7-8pm ONLINE Loving Kindness Drop-in Session</b>	25 7:45-8:30am Open Sitting	26 <b>7-9pm ONLINE Wed. Med. Class (3)</b>	27 7:45-8:30am Open Sitting  7-8:30pm Intro to Med. Class (3)	28	29 10am-4:30pm Workshop with Jessica Morey
30	31					