

Insight Meditation Center of Newburyport JUNE 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 7-9pm Wed. Med. Class (9)	2 7:45-8:30am Open Sit 7-8:30pm Intro. to Insight Mediation (1)	3 7-8:30pm Evening Talk with Rebecca Bradshaw	4 9am-12pm Half Day Retreat with Rebecca Bradshaw
5	6 7-8pm ONLINE Mindfulness Drop-in Session	7 7:45-8:30am Tuesday Morning Open Sit	8 7-9pm Wed. Med. Class (10)	9 7:45-8:30am Open Sit 7-8:30pm Intro. to Insight Mediation (2)	10	11 9:30am-12pm Parenting Program with Sylwia Willcox
12	13	14 7:45-8:30am Tuesday Morning Open Sit	15 7-9pm Wed. Med. Class (11)	16 7:45-8:30am Open Sit 9:30am-12:30pm Thursday Mini Retreat 7-8:30pm Intro. to Insight Mediation (3)	17	18 9am-5pm Full Day Retreat with Chas DiCapua
19	20 7-8pm ONLINE Loving Kindness Drop-in Session	21 7:45-8:30am Tuesday Morning Open Sit	22 7-9pm Wed. Med. Class (12)	23 7:45-8:30am Open Sit 7-8:30pm Intro. to Insight Mediation (4)	24	25 10am-12:30pm Beginners Retreat With Matthew Daniell
26	27	28 7:45-8:30am Tuesday Morning Open Sit	29	30 7:45-8:30am Open Sit No Intro Class Tonight		