

Insight Meditation Center of Newburyport March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:45-8:30am Sitting 7-8:30 Intro to Meditation Class MD (8)	2	3 9:30am-1pm Yoga & Insight Meditation Jim Austin
4	5 10am-1pm and 7-7:45pm Sitting	6 7:45am-8:30am Sitting	7 9am-12pm Sitting 7-9pm Wed. Med. Class (8)	8 7:45-8:30am Sitting 7-8:30 Intro to Meditation Class (snow date)	9	10 9am-1pm Teacher's Retreat led by Erica Marcus and Meghan Dutton
11 DAYLIGHT SAVINGS BEGINS	12 10am-1pm and 7-7:45pm Sitting	13 7:45am-8:30am Sitting	14 7-9pm Wed. Med. Class 7-9pm Wed. Med. Class (9)	15 7:45-8:30am Sitting	16	17 9am-5pm Mindfulness of Mind Retreat Chas DiCapua
18	19 10am-1pm and 7-7:45pm Sitting	20 7:45am-8:30am Sitting	21 9am-12pm Sitting 7-9pm Wed. Med. Class (10)	22 7:45-8:30am Sitting 7-8:30 Intro to Meditation Class TJ (1)	23	24 10am-12:30 Half Day Intro Retreat Ted Jones
25 2-3:30pm Present Moment Poetry Group	26 10am-1pm and 7-7:45pm Sitting	27 7:45am-8:30am Sitting 7-8:30pm Intermediate Drop-In Class	28 9am-12pm Sitting 7-9pm Wed. Med. Class (11)	29 7:45-8:30am Sitting 7-8:30 Intro to Meditation Class TJ (2)	30	31 9:30am-1pm The Relaxed Mind Matthew Daniell