

Insight Meditation Center of Newburyport Calendar April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7:00pm-7:45pm Sitting	3 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	4 2pm-5pm Open Practice Period 7pm-9pm Mindful Communication (Class # 11)	5 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #4)	6	7
8 Easter	9 7:00pm-7:45pm Sitting	10 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 5:30pm-6:45pm Book Discussion Group	11 2pm-5pm Open Practice Period 7pm-9pm Mindful Communication (Class # 12)	12 7:45-8:30am Sitting 9:30am-12:45pm Open Practice 7-8:30pm Intro to Med (Class #5)	13	14
15 Full Day Retreat Kate Wheeler	16 7:00pm-7:45pm Sitting	17 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	18 2pm-5pm Open Practice Period 7pm-9pm Make-up class if needed Mindful Communication	19 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #6)	20	21 9:30am-1pm Aging, Sickness, & Death Workshop Matthew Daniell
22	23 7:00pm-7:45pm Sitting	24 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 5:30pm-6:45pm Book Discussion Group	25 2pm-5pm Open Practice Period 7pm-9pm Precepts & Refuges class	26 7:45-8:30am Sitting 9:30am-12:45pm Open Practice 7-8:30pm Make-up class	27	28 Full Day Retreat Chas DiCapua
29	30 7:00pm-7:45pm Sitting					