



# INSIGHT MEDITATION CENTER of NEWBURYPORT

443 Middle Street • West Newbury, MA 01985 • 978-499-0325 • email: Meditate@IMCNewburyport.org

## 2010 Schedule May 1st through August 10th

May 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30am-1:00pm 1/2 Day Retreat Matthew Daniell
2	3 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #6)	4 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	5 7:00-8:45pm Open Heart/ Grounded Presence Practice Group (Class #6)	6 7:30-8:15am Sitting  7:00-7:45pm Sitting	7	8
9	10 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #1/Second Sesion)	11 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	12 7:00-8:45pm Gateways to Clarity Practice Group (Class #1)	13 7:30-8:15am Sitting  7:00-7:45pm Sitting	14	15 Retreat/Pot Luck Lunch/Talk with Larry Rosenberg
16	17 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #2)	18 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	19 7:00-8:45pm Gateways to Clarity Practice Group (Class #2)	20 7:30-8:15am Sitting  7:00-7:45pm Sitting	21	22
23/30	24/31 7:00-8:30pm Intro... (Class #3/4)	25 7:45-8:30am Sitting Mini-Retreat	26 7:00-8:45pm Gateways to Clarity (Class #3)	27	28	29 9:30am-1:00pm 1/2 Day Retreat Matthew Daniell
June 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:45-8:30am Sitting  9:00am -12:15pm Mini-Retreat	2 7:00-8:45pm Gateways to Clarity Practice Group (Class #4)	3 7:30-8:15am Sitting  7:00-7:45pm Sitting	4	5
6 1/2 or Full Day Retreat with Kate Wheeler	7 No Class Matthew Away	8 7:45-8:30am Sitting  No Mini-Retreat	9 No Class Matthew Away	10 7:30-8:15am Sitting  7:00-7:45pm Sitting	11	12
13	14 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #5)	15 7:45-8:30am Sitting  9:00am-12:30pm Mini-Retreat	16 7:00-8:45pm Gateways to Clarity Practice Group (Class #5)	17 7:30-8:15am Sitting  7:00-7:45pm Sitting	18	19 9:30am-1:00pm 1/2 Day Retreat Matthew Daniell
20	21 No Class Matthew teaching at Kripalu	22 7:45-8:30am Sitting  No Mini-Retreat	23 No Class Matthew teaching at Kripalu	24 7:30-8:15am Sitting  7:00-7:45pm Sitting	25	26
27 1/2 or Full Day Loving Kindness Retreat with Kate Wheeler	28 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #1/ 2nd Session)	29 7:45-8:30am Sitting  9:00am-12:30pm Mini-Retreat	30 7:00-8:45pm Gateways to Clarity Practice Group (Class #1/2nd Session)			
<p>Please register for weekend retreats and workshops using the enclosed form. If there are not enough participants registered for a retreat or workshop, we may need to cancel the event. If there are sufficient participants, last minute registration is always welcome. If we have any questions or the program is full or cancelled, we will contact you.</p> <p>Please see our website for the most up to date schedule. Donations are greatly appreciated.</p>						



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## July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:30-8:15am Sitting  7:00-7:45pm Sitting	2	3
4	5 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #2)	6 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	7 7:00-8:45pm Gateways to Clarity Practice Group (Class #2)	8 7:30-8:15am Sitting  7:00-7:45pm Sitting	9	10
11	12 No Class Matthew teaching at IMS	13 7:45-8:30am Sitting  No Mini-Retreat	14 No Class Matthew teaching at IMS	15 7:30-8:15am Sitting  7:00-7:45pm Sitting	16	17 9:30am-1:00pm 1/2 Day Retreat Matthew Daniell
18	19 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #3)	20 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	21 7:00-8:45pm Gateways to Clarity Practice Group (Class #3)	22 7:30-8:15am Sitting  7:00-7:45pm Sitting	23	24
25 1/2 or Full Day Retreat with Chas DiCapua	26 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #4)	27 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	28 7:00-8:45pm Gateways to Clarity Practice Group (Class #4)	29 7:30-8:15am Sitting  7:00-7:45pm Sitting	30	31

## August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7:00-8:30pm Intro to Insight & Loving Kindness Meditation (Class #5)	3 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	4 7:00-8:45pm Gateways to Clarity Practice Group (Class #5)	5 7:30-8:15am Sitting  7:00-7:45pm Sitting	6	7 1/2 Day Workshop with Ravi Nathwani and Matthew Daniell
8	9	10 7:45-8:30am Sitting  9:00am-12:15pm Mini-Retreat	11	12	13	14
15	16	17	18	19	20	21
<i>IMCN will be closed from August 11th through September 10th for summer break</i>						
22	23	24	25	26	27	28
29	30	31				