



# INSIGHT MEDITATION CENTER of NEWBURYPORT

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

## 2011 Schedule September through December

September 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:45am-8:30am Sitting  7:00-7:45pm Sitting	2	3
4	5	6 7:45am-8:30am Sitting	7	8 7:45am-8:30am Sitting  7:00-7:45pm Sitting	9	10
11 <b>CENTER RE-OPENS</b> 9am-5pm Full Day Retreat Kate Wheeler	12  7:00pm-7:45pm Sitting	13 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period	14 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 1)	15 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med. Session 1 (Class #1)	16	17
18	19  7:00pm-7:45pm Sitting	20 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period  7pm-8:15pm Intro Class Drop-In	21 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 2)	22 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #2)	23	24  9:30am-12:30pm Workshop  Matthew Daniell
25	26  7:00pm-7:45pm Sitting	27 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period	28 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 3)	29 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat  7-8:30pm Intro to Med (Class #3)	30	

October 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Full Day Retreat Matthew Daniell  7pm-9pm "Sacred Sojourn"
2	3  7:00pm-7:45pm Sitting	4 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period  7pm-8:15pm Intro Class Drop-In	5 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 4)	6 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat  7-8:30pm Intro to Med (Class #4)	7	8
9	10 <b>Columbus Day Holiday</b>	11 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period	12 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 5)	13 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat  7-8:30pm Intro to Med (Class #5)	14	15 Retreat, Potluck Lunch & Talk with Larry Rosenberg
16	17  7:00pm-7:45pm Sitting	18 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period  7pm-8:15pm Intro Class Drop-In	19 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 6)	20 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat	21	22
23/30	24 7:00pm-7:45pm Sitting  31 7:00pm-7:45pm Sitting	25 7:45am-8:30am Sitting  8:30am-12:00pm Open Practice Period	26 2pm-5pm Open Practice Period  7pm-9pm Unwinding Reactivity (Class # 7)	27 7:45-8:30am Sitting  9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med. Session 2 (Class # 1)	28	29  9:30am-1pm Half-Day Retreat  Matthew Daniell

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. Please see our website for the most up to date schedule. **The Center is wheelchair accessible.**



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## November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	2 2pm-5pm Open Practice Period 7pm-8:45pm Special Refuges and Precepts Evening	3 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #2)	4	5 10am-12:30pm Intro to Insight Meditation Workshop Matthew Daniell
6 Full Day Retreat Chas DiCapua	7 7:00pm-7:45pm Sitting	8 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period	9 2pm-5pm Open Practice Period 7pm-9pm Unwinding Reactivity (Class # 8)	10 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #3)	11	12
13	14 7:00pm-7:45pm Sitting	15 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	16 2pm-5pm Open Practice Period 7pm-9pm Unwinding Reactivity (Class # 9)	17 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #4)	18	19 Full Day Retreat Matthew Daniell
20	21 7:00pm-7:45pm Sitting	22 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period	23 2pm-5pm Open Practice Period 7pm-9pm Unwinding Reactivity (Class # 10)	24 Thanksgiving Day HOLIDAY	25	26
27	28 7:00pm-7:45pm Sitting	29 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	30 2pm-5pm Open Practice Period 7pm-9pm Unwinding Reactivity (Class # 11)			

## December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat 7-8:30pm Intro to Med (Class #5)	2	3
4 9:30am-12:30pm Workshop Jim Austin	5 7:00pm-7:45pm Sitting	6 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period	7 2pm-5pm Open Practice Period <b>No Class</b>	8 7:45-8:30am Sitting <b>No Half-day Retreat</b>	9	10 Full Day Retreat Chas DiCapua 6:30-8:30pm Community Potluck/Talk with Chas DiCapua
11	12 7:00pm-7:45pm Sitting	13 7:45am-8:30am Sitting 8:30am-12:00pm Open Practice Period 7pm-8:15pm Intro Class Drop-In	14 2pm-5pm Open Practice Period 7pm-9pm Drop-in class or make-up class	15 7:45-8:30am Sitting 9:30am-12:45pm Half-day Retreat	16	17 Full Day Retreat Kate Wheeler
18	19	20	21	22	23	24
<p><i>The Center is closed for all classes and retreats for winter break beginning December 19th.            See our website for a list of weekday sittings that occur during the break. We will reopen on January 16th.</i></p>						
25	26	27	28	29	30	31