

Insight Meditation Center of  
Easthampton:

POC\*

Meditation

Every 2nd Sunday

4:30 - 5:45 pm

Eastworks, 2nd Floor

116 Pleasant Street

Suite 242

Easthampton, MA

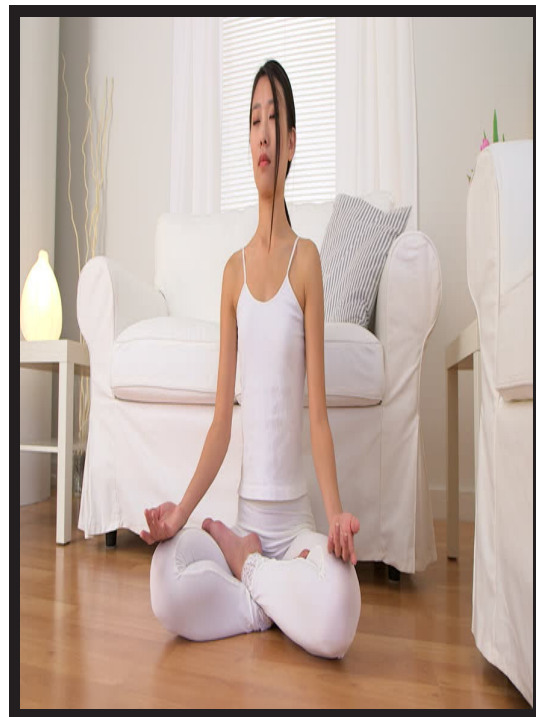
*“Self-love is the foundation of our loving practice. Without it our other efforts to love fail. Giving ourselves love we provide our inner being with the opportunity to have the unconditional love we may have always longed to receive from someone else.”*

*-- bell hooks*



**Renee A. Mendez & Trellis Stepter**

**Facilitators**



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People of Color