



Insight Meditation Center

of Pioneer Valley

116 Pleasant Street, Suite 242; Easthampton, MA 01027 ♦ (413) 527-0388 ♦ www.InsightPV.org

Wednesday Evening Dharma Talks

7:00 Sitting / 7:35 Talk

In the interest of encouraging generous support for our teachers and meeting InsightPV's expenses, **there will be a suggested donation of \$7-25 for the evening**, with 60/40 given to teacher/center.

As always, this donation is completely voluntary and is a personal decision. Please know that accessibility is very important to us; everyone is welcome at all of our events regardless of ability to donate. *This schedule is subject to change. Please check our website for up-to-date listings.*

January	
4	Candace Cassin, <i>Anything Can Happen</i>
11	Rebecca Bradshaw, <i>Liberating Our Stories 2</i>
18	Jean Esther, (tba)
25	Michael Grady, <i>Discovering Ease on the Path of Awakening</i>
February	
1	Kim Weeber, <i>Creating a Safe Mind Space</i>
8	Rebecca Bradshaw, <i>Journey Toward Wholeness: Field Notes from a White Buddhist Woman</i>
15	Peggy Gillespie, <i>Reflection on Love</i>
22	Jean Esther, <i>How Can I Serve?</i>
March	
1	Rebecca Bradshaw, <i>Is Your Meditation a Line or Circle?</i>
8	Michael Grady, <i>Mindfulness, Wise Attitude, and Innter Freedom</i>
15	Kim Weeber, <i>What is Concentration and Should I Practice It?</i>
22	Jean Esther, (tba)
29	Michael Grady, <i>Letting Go of Fear</i>

April	
5	Adi Bemak, <i>Love, Separation, Loss, & Wanting Mind</i>
12	Rebecca Bradshaw, (tba)
19	Jean Esther, (tba)
26	Candace Cassin, <i>Forgiveness and Freedom</i>
May	
3	Peggy Gillespie, (tba)
10	Jean Esther, (tba)
17	Sebene Selassi, <i>The Forgotten Gift: A Reclamation of Mystery in Our Practice</i>
24	Rebecca Bradshaw, (tba)
31	Regular open sitting and discussion
June	
2	Arinna Weisman (Fri)
7	Marlon Barrios Solano
14	Rebecca Bradshaw, (tba)
20	David Chernikoff, <i>Intimacy and Awakening</i> (Tue)
21	Regular open sitting and discussion
28	Rebecca Bradshaw, (tba)

COMING IN JULY!

Ajahn Jayanto on the 19th and DaRa Williams on Tuesday the 25th