

Rebecca Bradshaw Teaching Schedule 2019

New Year's Day Retreat, January 1, 2019
Insight Meditation Center of Pioneer Valley, Easthampton, MA
Contact: www.insightpv.org

Non-residential Weekend Retreat with Jean Esther
Feb 1-3, 2019 in Amherst, MA Contact: www.insightpv.org

Seven Day Retreat "Four Foundations of Mindfulness" with Chas DiCapua,
Feb 15-22, 2019, at Koinonia Retreat Center, Annandale, MN
Contact: Twin Cities Vipassana Collective www.tcvc.info
(Public Talk at Common Ground Meditation Center in Minneapolis on Feb 14)

Forest Refuge, Insight Meditation Society, Barre, MA
March 1-31, 2019, Contact: www.dharma.org, 978-355-4378

One Day Retreat "Resistance and Authenticity" March 10, 2019,
Public Talk March 6, 2019
Cambridge Insight Meditation Center, Contact: www.cambridgeinsight.org

Embodying Kindness and Wisdom: Seven Day Insight and Loving Kindness Retreat
with Erin Treat, assisted by Devon Berry and Jessica Morey
April 7-14, 2019 at Insight Meditation Society, Barre, MA
Contact: www.dharma.org, 978-355-4378

Seven Day Retreat "Four Foundations of Mindfulness," assisted by Candace Cassin and Robert Pryor
May 3-10, 2019 at Jesuit Spiritual Center, Milford, Ohio (some two day options)
(Public Talk, Yellow Springs Dharma Center, May 2)
Contact: www.ysdharma.org, Linda Potter 937-572-9077

Weekend Retreat: Embodying the Practice
June 28-30, 2019 at Newburyport Insight Meditation Center, Newbury, MA
Contact: www.imcnewburyport.com

Retreat for 18-32 Year Olds: July 24-31, 2019 with Chas DiCapua, Joanna Harper, assisted by Cara Lai
and Jozen Tamori Gibson
Insight Meditation Society, Barre, MA Contact: www.dharma.org, 978-355-4378

One Day Retreat- Brattleboro, Vermont
Sept. 28, 2019 Contact: www.vermontinsight.org

Three Month Retreat – Part Two, October 22-Dec 3, 2019, with Greg Scharf, Andrea Fella,
Insight Meditation Society, Barre, MA Winnie Nazarko, Jaya Rudgard
Contact: www.dharma.org, 978-355-4378

Weekend Solstice Retreat, Dec 20-23, 2019 assisted by Dawn Scott
Insight Meditation Society, Barre, MA
Contact: www.dharma.org, 978-355-4378

Classes and Public Talks at Insight Meditation Center of Pioneer Valley, www.insightpv.org