



## MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSE

Jon Aaron

Orientation: Thursday, April 4th, 2019 from 6:30pm-9:00pm  
Course: Thursdays, April 11th – June 6th, 2019 from 6:30pm-9:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

## MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSE

Elaine Retholtz

Orientation: Friday, April 5th, 2019 from 9:30am-12:00pm  
or Friday, April 12th, 2019 from 9:30am-12:00pm  
Course: Fridays, May 10th - June 28th, 2019 from 9:30am-12pm  
Location: NYIMC 28 West 27th Street, 10th Floor

## SOS – SITTING ON SUNDAY

Jon Aaron

Sunday, April 7th, 2019 from 10:00am-12:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

These regularly scheduled mornings begin with a guided meditation, followed by standing or walking meditation, a Dharma talk and a question and answer period.

## INSIGHT MEDITATION 101: SIX-WEEK BEGINNERS' COURSE

Elaine Retholtz

Mondays, April 8th - May 20th, 2019 from 9:30am – 11:30am  
Location: NYIMC 28 West 27th Street, 10th Floor

This course will provide fundamental instruction in insight meditation. Emphasis is placed on the practices of sitting and walking meditation and developing mindfulness in daily life.

## THE THREE CHARACTERISTICS: THE CHARACTERISTIC OF NON-SELF

Andrew Olendzki

Saturday, April 13th, 2019 from 10:00am-5:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

This daylong workshop explores the Buddhist practices and teachings on non-self, and how careful observation of moment-to-moment experience in the mind and body has the potential of changing everything.

## NEUROPLASTICITY: THE NEUROSCIENCE OF MINDFULNESS MEDITATION

Dr. Paul Epstein

Sunday, April 14th, 2019 from 10am-4pm  
Location: NYIMC 28 West 27th Street, 10th Floor

Join us for this Daylong Program with Dr. Paul Epstein, who will share how mindful awareness can train the mind and thus change the brain.

## MINDFULNESS, COMPASSIONATE ACTION, AND THE WISDOM OF EMPTINESS COURSE

Jon Aaron

Thursdays, April 18th - May 23rd 2019 from 10:00am - 12:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

This class will explore the Bodhisattva ideal - how compassionate action arises in us, when is it blocked, and how we bring our practice and wisdom into the world.

## MONTHLY COMMUNITY POTLUCK

Friday, April 19th, 2019 from 7:00pm - 9:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

In the warm spirit of Sangha, please join us for New York Insight's Monthly Sangha Potluck.

## MINDFULNESS, COMPASSION AND THE WISDOM OF EMPTINESS DAYLONG

Jon Aaron

Saturday, April 20th, 2019 from 10:00am - 5:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

This daylong program will present the Buddha's teachings on compassion and emptiness.

## THE ISLAND OF SANGHA

Angela Dews and nakawe cuebas

Sunday, April 21st, 2019 from 10:00am - 5:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

Join us as we take refuge together, practice together, understand together, and awaken together.

## FAITH: A BUDDHIST PERSPECTIVE

Sharon Salzberg and Elizabeth Namgyal Matthis

Friday, April 26th, 2019 from 7:00pm - 9:00pm  
Saturday, April 27th, 2019 from 10:00am - 5:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

In this weekend program, we will explore a type of faith that increases confidence, openness, and our ability to recognize something outside of our immediate circumstances as describing who we are.

## LOVING KINDNESS MEDITATION with Gary Singer

Sunday, April 28th, 2019 from 10:00am - 5:00pm  
Location: NYIMC 28 West 27th Street, 10th Floor

Join us for this daylong retreat where we will cultivate our natural capacity for an open and loving heart towards ourselves and all other beings.

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## NYI MEDITATION SITTING GROUPS

NYI's ongoing meditation groups are offered to all people who wish to start, support, or deepen their meditation practice. Check [nyimc.org/events/month](http://nyimc.org/events/month) for the most up to date info on our sitting groups schedules.

## COMMUNITY OPEN HOURS

The center is open for community use Tuesday through Friday, 2–6pm. Relax, read, and chat quietly with friends in the main room, and meditate in the small room.

## QUEENS SANGHA

Lani Miller

Two Mondays a month, 7-8:30pm

Location: Church hall of the First Presbyterian Church of Forest Hills, 7035 112th St.

Entrance on 112th St. between 71st Ave. & 70th Rd. (North side of Queens Blvd.)

Fee by donation; no pre-registration required

These sittings provide an opportunity for sangha members in Queens to meet for meditation, a Dharma talk, and discussion.

## PEOPLE OF COLOR SANGHA

Every 1st and 3rd Monday, 7-9pm

Fee by donation; no pre-registration required

This sitting group provides instruction in insight meditation and fosters mutual support among people of color who find nourishment and inspiration in the practice of meditation.

## LIVING URBAN DHARMA: MONDAY DAYTIME SIT

Every Monday, 12:30-2pm

Fee by donation; no pre-registration required

Each meeting includes sitting and walking meditation, a Dharma talk, and a group discussion. Dharma talks evolve out of the needs of the participants.

## DHARMA<sup>2</sup>

Every Monday, 7pm-9pm

Fee by donation; no pre-registration required

Every Monday, we meditate in dialogue and reflect on Buddha's teachings to gain insight into how relational suffering is created and how we can release this suffering.

## AGING AS A SPIRITUAL PRACTICE

Every Tuesday, 1-2:30pm

Fee by donation; no pre-registration required

This sitting group meets every Tuesday afternoon and is focused on aging as a spiritual practice and source of great wisdom. Open to all levels of practice and ages!

## BROOKLYN SANGHA

Every Tuesday, 7-9pm

Location: 386 First Street (between 6th and 7th Avenue)

Fee by donation; no pre-registration required

Led by NYI Teachers or Peer-Leaders, these sittings provide an opportunity for Sangha members in Brooklyn to meet for meditation, a Dharma exploration and discussion to address practice issues. Every 3rd Tuesday is a teacher-led sitting.

## ADDICTION & RECOVERY: THE BUDDHA & BILL W

First Wednesday of each month, 7-9pm

Fee by donation; no pre-registration required

In these monthly meetings, we explore the ways that Buddhism and the Twelve-Steps support and complement each other and can deepen our spiritual lives.

## TUESDAY DHARMA GATHERING

Every Tuesday, 7-9pm

Register Online or Pay What You Can In Person

This teacher-led gathering provides an introduction to Insight Meditation, as well as an opportunity to meditate in a supportive environment, meet teachers, hear a dharma talk, and participate in a dialogue about how to apply the principles of Buddhist meditation to our daily lives. If you are new to Insight Meditation, you can attend the Beginner's Orientation for guided meditation instruction from 7-8pm.

## INSIGHT OUT REFUGE: LGBTQI SANGHA

Fourth Wednesday of the month, 6:30-8:30pm

Location: NYIMC 28 West 27th Street, 7th Floor (Room 704)

Fee by donation; no pre-registration required

Come join us for meditation and discussion to meet and socialize with other LGBTQI practitioners at New York Insight.

## HARLEM INSIGHT

Every 1st and 3rd Wednesday, 7:30-9pm

Location: 2211 Frederick Douglass Blvd (on 119th Street), Manhattan

Fee by donation; no pre-registration required

A team of Harlem meditation teachers will offer a period of guided sitting meditation, a walking meditation, and a talk and discussion.

## NEW JERSEY SANGHA

Every Wednesday, 7pm-9pm

Location: Ridgewood United Methodist Church,

100 Dayton St, Ridgewood, NJ

Enter the administration building to the left of the church to meet in the Hardenbergh Lounge.

Fee by donation; no pre-registration required

This sitting group provides an opportunity for Sangha members in New Jersey to meet together for meditation, a Dharma reading, and discussion.

## THURSDAY NIGHT PEER-LED SITTINGS

Every Thursday, 7-9pm

Fee by donation; no pre-registration required

Peer-led sittings include a brief dharma reading and time for a peer discussion.

## INSIGHT DIALOGUE

Bart van Melik

First Sunday of each month, 6-8pm

Fee by donation; no pre-registration required

Insight Dialogue is an interpersonal meditation practice bringing the mindfulness and tranquility of silent meditation directly into our experience with other people.

## GENERATION MEDITATION

Every Sunday, 6-8pm

Fee by donation; no pre-registration required

This community meets on Sunday evenings to meditate, discuss Buddhist teachings, and provide mutual support in applying these practices to the specific challenges of early adulthood. The age range for this sangha is 15-35.

## DEDICATED PRACTICE SANGHA

Every Sunday, 6-8pm

Fee by donation; no pre-registration required

Sit, walk, and share with a friendly, peer-led group of practitioners with a variety of Vipassana, retreat, and Dharma study experience.

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