



THE GREAT POTENTIAL OF CHANGE

Bhante Sukhacitto and Bart van Melik

Sunday, June 2nd, 2019 from 10:00am - 5:00pm

Supported by kind awareness, wisdom, and community we'll explore the potential and difficulty of changes in our lives. In this retreat we will introduce the six meditative guidelines of Insight Dialogue: Pause, Relax, Open, Attune to Emergence, Listen Deeply, and Speak the Truth.

HOW MINDFULNESS MEDITATION LEADS TO INSIGHT

Jon Aaron

Sunday, June 9th, 2019 from 10:00am - 5:00pm

In this Daylong, we will explore the concept of meditation, how it leads to insight and what concepts support us in our meditation practice. This program is open to meditators of all levels.

INSIGHT MEDITATION 101: SIX-WEEK BEGINNERS' COURSE

Lani Miller

Wednesdays, June 12th - July 24th, 2019 from 7:00pm - 9:00pm

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.

MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSE

Jon Aaron

Orientation: Thursday, June 13th, 2019 from 6:30-9:00pm

Course: Thursdays, June 20th - August 15th from 6:30-9:00pm

MBSR has helped thousands of people decrease the effects of stress in their lives, allowing them to reduce the symptoms of both physical and psychological problems, and to live their lives with more ease, vitality, and enjoyment.

DAY OF MINDFULNESS MEDITATION

Rosemary Blake and Nancy Glimm

Saturday, June 15th, 2019 from 10:00am - 5:00pm

The retreat day will be one of noble silence for those who want to deepen their practice. It will include sitting, walking, and select inspirational readings for contemplation. One-on-one meetings with the teacher will also be available.

MONTHLY COMMUNITY POTLUCK

Friday, June 21st, 2019 from 7:00pm - 9:00pm

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

MINDFUL WRITING WORKSHOP

Tracy Cochran

Saturday, June 22nd, 2019 from 10:00am - 4:00pm

Join us as we combine mindfulness meditation with short writing exercises geared toward personal reflection, discovering our ways of being heroic, including relaxing and letting go.

AGING AS A SPIRITUAL PRACTICE DAYLONG RETREAT

Rosemary Blake, Amy Selzer, and Nancy Glimm

Sunday, June 23rd, 2019 from 10:00am-5:00pm

Join us for a day exploring aging as a spiritual practice through direct meditation practice, Dharma offerings from the three teachers, open discussions as well as dyad and triad work among participants.

STILL, IN THE CITY: A CIRCLE OF FRIENDS MEMBER EVENT

Monday, June 24th, 2019 from 7:00pm - 9:00pm

Please join us for a special evening free to members and those signing up to be members. *Still, in the City: Creating Peace of Mind in the Midst of Urban Chaos*, is a collection of stories and essays about taking practice off the cushion and into our days, our homes, offices, the park, the streets.

THE WAY OF EFFORTLESS MINDFULNESS BOOK TALK

Loch Kelly

Friday, June 28th, 2019 from 7:00pm - 9:00pm

In this evening discussion and book talk for his new book, *The Way of Effortless Mindfulness*, Loch Kelly teaches how you can "unhook" awareness from chattering thoughts, and access a peaceful mind and a naturally embodied wakefulness.

THE WAY OF EFFORTLESS MINDFULNESS DAYLONG RETREAT

Loch Kelly

Saturday, June 29th, 2019 from 10:00am - 5:00pm

In this daylong retreat we will learn to intentionally shift into awake awareness, which is already calm, intelligent, and able to effortlessly focus. Effortless mindfulness helps us shift from a self-centered identity to an empty, yet open-hearted, way of seeing and being.

BEGINNER'S WORKSHOP

Lani Miller

Sunday, June 30th, 2019 from 10:00am-1:00pm

This comprehensive three-hour workshop provides fundamental instruction in insight meditation. Emphasis is placed on the practices of sitting and walking meditation and developing mindfulness in daily life.

SITTING GROUPS AT NEW YORK INSIGHT

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 for the most up to date information 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.

DHARMA²

Please Note: On hiatus from July-August and will resume in September

Fee by donation; no pre-registration required

Every Monday, we meditate in dialogue and reflect on the 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

Every first Wednesday of the 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

Every fourth Wednesday of the month, 6:30-8:30pm

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. We will be meeting on 6/5 and 6/26 with Karen Williams for Pride Month.

HARLEM INSIGHT

Every first and third Wednesday of the month, 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

Please Note: On hiatus from June-August and will resume in September

Fee by donation; no pre-registration required

Insight Dialogue is an interpersonal meditation practice that brings the mindfulness and tranquility of silent meditation directly into our experience with others.

GENERATION MEDITATION

Every second and fourth Sunday of the month, 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. This sangha welcomes those aged 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.
