



**MINDFULNESS-BASED STRESS
REDUCTION (MBSR) COURSE**

Jon Aaron and Savanna Jo (Upayadhi) Luraschi

Orientation: Wednesday, October 2nd, 2019 from 6:30pm-9:00pm
Course: Wednesdays, October 16th - December 4th, 2019 from
6:30pm-9:00pm

**MINDFULNESS, INSIGHT &
COMPASSION: THREE QUALITIES OF
A FULLY ENGAGED LIFE**

Jon Aaron

Thursdays, October 3rd - November 21st, 2019 from 10:00am - 12:00pm

**MINDFULNESS FOR CAREGIVERS: AN
8-WEEK COURSE**

Joan Griffiths Vega

Thursdays, October 3rd - November 21st, 2019 from 1:30pm - 3:30pm
Plus Friday, November 8th, 2019 from 4:00pm - 9:00pm

**YOM KIPPUR: A DAY OF SILENCE AND
REFLECTION**

Jon Aaron, Elaine Retholtz and Sandra Weinberg

Wednesday, October 9th, 2019 from 10:00am - 7:00pm

**CULTIVATING AWARENESS +
WISDOM**

Alexis Santos

Friday, October 11th, 2019 from 7:00pm - 9:00pm

**WHEN AWARENESS BECOMES
NATURAL: AN IMS URBAN RETREAT**

Alexis Santos and Susa Talan

Saturday, October 12th, 2019 from 9:00am - 6:00pm
Sunday, October 13th, 2019 from 9:00am - 4:00pm

**MERGING DISCIPLINES: MEDITATION
AND PSYCHOTHERAPY**

Mark Epstein, MD

Wednesday, October 16th, 2019 from 7:00pm - 9:00pm

MONTHLY COMMUNITY POTLUCK

Friday, October 18th, 2019 from 7:00pm - 9:00pm

**FREEING OURSELVES FROM MENTAL
SLAVERY WITH THE POWER OF THE
BREATH**

Vimalasara Valerie Mason-John

Saturday, October 19th, 2019 from 10:00am to 5:00pm

**MEDITATIVE HIKE TO HOOK
MOUNTAIN**

Lin Gordon

Sunday, October 20th, 2019 from 8:15am - 3:00pm

**ANXIETY: IT'S NOT ALL IN YOUR
MIND**

Jill Satterfield

Sunday, October 20th, 2019 from 10:00am to 5:00pm

**CULTIVATING LOVINGKINDNESS AS
AN INSIGHT PRACTICE**

Elaine Retholtz

Mondays, October 21st - November 18th, 2019 from 9:30am - 11:30am

**AN INTRODUCTION TO
MINDFULNESS AND MEDITATION**

Brian Simmons

Wednesdays, October 23rd - November 20th, 2019 from 7:00pm -
9:00pm

MINDFUL EATING FOR SELF-CARE

with Laurence Magro

Saturday, October 26th, 2019 from 10:00am to 4:00pm

**MINDFUL HEALING: WORKING WITH
PAIN & DIFFICULTY**

Jon Aaron

Sunday, October 27th, 2019 from 10:00am - 5:00pm

REGULAR 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 - Friday, 2:00-6:00pm
The small room is available for self-guided meditation.

QUEENS SANGHA

Lani Miller

Two Mondays each month, 7:00-8:30pm

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, 7:00-9:00pm

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, 12:30-2:00pm

Fee by donation; no pre-registration required

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

AGING AS A SPIRITUAL PRACTICE

Every Tuesday, 1:00-2:30pm

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, 7:00-9:00pm

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.

INSIGHT OUT REFUGE: LGBTQI SANGHA

Every fourth Monday of the month from 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.

TUESDAY DHARMA GATHERING

Every Tuesday, 7:00-9:00pm

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.

HARLEM INSIGHT

Every first and third Wednesday of the month, 7:30-9:00pm

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, 7:00-9:00pm

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, 7:00-9:00pm

Fee by donation; no pre-registration required

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

INSIGHT DIALOGUE SANGHA

Bart van Melik

Every 2nd and 4th Monday, 6:30-8:30pm

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

Fee by donation; no pre-registration required

Insight Dialogue Sangha is the merging of two sits – Monday night Dharma2 and the occasional Sunday Insight Dialogue. These evenings provide an opportunity to apply the teachings of mindfulness and compassion directly to interpersonal relationships and communications as well as within the context of daily life situations and universal themes.

SACRED EARTH SANGHA

Every 2nd Monday of the month, 7:00-9:00pm

Fee by donation; no pre-registration required

Please join us for an evening of teaching, meditation, and discussion as we create a community around deep practice and conscious engagement of the challenges of the climate crisis.

GENERATION MEDITATION

Every second and fourth Sunday of the month, 6:00-8:00pm

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, 6:00-8:00pm

Fee by donation; no pre-registration required

Sit and share with a friendly peer-led group of practitioners with a variety of Dharma study and practice experience.
