FEBRUARY 2020

RADICAL FRIENDSHIP: LOVING YOURSELF AND FINDING YOUR PEOPLE IN AN UNJUST WORLD
with Kate Johnson
Sunday, February 9th, 2020 from 10:00am - 4:00pm
The Buddha’s teachings on spiritual friendship are good medicine for times of injustice, and can help us practice freedom even in unfree places.

EXPLORING THE INTERNAL, EXTERNAL AND THE ETERNAL WITH MEDITATION: A SIX-WEEK COURSE
with Jon Aaron
Thursdays, February 13th - March 19th, 2020 from 10:00am - 12:00pm
If we are to fully engage with life our meditation practice must be internal and external and in so doing we connect with the eternal that connects all beings. In this way, we have an impact not only on our individual life but we truly share the merit of our practice with all lives.

WHAT’S UP WITH WAKING UP
with Jon Aaron
Saturday, February 15th, 2020 from 10:00am - 5:00pm
If we aren’t practicing meditation to wake up, then why are we bothering? What does waking up really mean? What are we waking up from or to? There is a Buddha in each of us waiting to wake up to a life without fear even in a world with much to be fearful of. In this daylong, we will practice directly with some of the Buddha’s teachings on freedom and investigate how to integrate these into every moment of our lives.

BEGINNER’S WORKSHOP
with Bart van Melik
Sunday, February 16th, 2020 from 9:30am - 12:30pm
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.

MONTHLY COMMUNITY POTLUCK
Friday, February 21st, 2020 from 7:00pm - 9:00pm
In the warm spirit of community, please join us for New York Insight’s Monthly Sangha Potluck.

BODHICHITTA: DEVELOPING THE MIND OF AWAKENING
with Scott Tusa
Saturday, February 22nd, 2020 from 10:00am - 5:00pm
We will explore how to access and develop a grounded open heart and an open space of mindful awareness to overcome mental and emotional habits that cause us suffering.

INSIGHT OUT REFUGE: LGBTQI SANGHA & ALLIES | TRANSCENDING: TRANS BUDDHIST VOICES BOOK LAUNCH & MEDITATION
Monday, February 24th, 2020 from 6:30pm - 8:30pm
During this month’s Insight OUT Refuge: LGBTQI Sangha, we invite you to join us for a meditation, discussion, and celebration of the Transcending: Trans Buddhist Voice book launch.

COMMUNITY TOWN HALL MEETING
Wednesday, February 26th, 2020 from 7:00pm to 9:00pm
Join us for a Town Hall Meeting to share news about the new opportunities, challenges and transitions NYI will be facing in 2020. Most importantly, this evening, open to all, is an opportunity to share your thoughts about how NYI can support your practice and better serve as your spiritual home.

MINDFULNESS-BASED STRESS REDUCTION (MBSR) ALUMNI DAYLONG
with Elaine Retholtz
Saturday, February 29th, 2020 from 9:30am - 5:00pm
Practicing with other MBSR alumni and those currently taking the course, you will have a day to focus on mindfulness, what it looks in your life now, and build some momentum to continue these practices for time to come.

OPENING THE HAND OF THOUGHT: RELEASING MENTAL, EMOTIONAL AND PHYSICAL CLINGING
with Jill Satterfield
Sunday, March 1st, 2020 from 10:00am - 5:00pm
Cultivating spaciousness in the body leads to spaciousness in heart/mind and vice versa. In this daylong workshop we will practice somatically releasing, cognitively understanding and emotionally allowing whatever it is that we meet with in life.

EXPLORING THE FIVE WISDOM ENERGIES OF TANTRIC BUDDHISM
with Ethan Nichtern
Saturday, March 7th, 2020 from 10:00am - 5:00pm
The Five Wisdoms offers one of the deepest and most spiritually useful bodies of teaching in the tantric Buddhist tradition. By exploring different emotional patterns as they arise in meditation and in daily life, we begin to see the wisdom-potential that exists in every state of mind and every personality type.

EVENT LOCATIONS: All events are held at NYI’s center, 28 West 27th Street, 10th floor unless otherwise noted.
REGISTER ONLINE AT WWW.NYIMC.ORG. MEMBERS RECEIVE 20% DISCOUNT OFF THE SUSTAINING FEE. QUESTIONS? EMAIL REGISTRATION@NYIMC.ORG.
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.

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
This peer-led meeting includes sitting and walking meditation, as well as group discussion.

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
This weekly sitting group is an opportunity for sangha members in Brooklyn to meet for group meditation practice and discussion.

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.