OPENING THE HAND OF THOUGHT: RELEASING MENTAL, EMOTIONAL AND PHYSICAL CLINGING
Jill Satterfield
Sunday, March 1st, 2020 from 10:00am - 5:00pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSE
Jon Aaron
Required Free Orientation: Wednesday, March 4th, 2020 from 6:30pm - 9pm
8 Week Course: Wednesdays, March 11th- May 6th, 2020 from 6:30pm - 9pm

EXPLORING THE FIVE WISDOM ENERGIES OF TANTRIC BUDDHISM
Ethan Nichtern
Saturday, March 7th, 2020 from 10am - 5pm

THE HEALING JOURNEY MEETS THE SPIRITUAL PATH
Dr Paul Epstein
Sunday, March 8th, 2020 from 10:00am - 4:00pm

EVENT VOLUNTEER TRAINING
Friday, March 13th, 2020 from 6:00pm - 8:00pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR) ALUMNI DAYLONG
Jon Aaron
Saturday, March 14th, 2020 from 9:30am - 5:00pm

BEGINNER’S WORKSHOP
Lani Miller
Sunday, March 15th, 2020 from 9:30am - 12:30pm

ORIGAMI + MINDFULNESS AFTERNOON GROUP
Paul Singleton iii, MA, ATR
5 Mondays From March 16th - April 13, 2020 from 2:30-3:30pm

MONTHLY COMMUNITY POTLUCK
Friday, March 20th, 2020 from 7:00pm – 9:00pm

JHĀNA, STEP BY STEP: A WEEKEND RETREAT AT NYI
Bodhipaksa
Saturday, March 21st, 2020 from 10:00am - 5:00pm
Sunday, March 22nd, 2020 from 10:00am - 4:00pm

AN EXPLORATION IN PRESENCE: A 4-WEEK COURSE
Lani Miller
Tuesdays, March 24th - April 14th, 2020 from 10:00am - 12:00pm

TOGETHER UNDER THE BODHI TREE: A SHORT COURSE ON THE BUDDHA’S TEACHINGS
Bart van Melik
Wednesdays, March 25th - April 15th, 2020 from 6:30pm - 8:30pm
Please note: Course will not meet on April 8th

HOW MINDFULNESS IS AND IS NOT A PSYCHOTHERAPY
Matthew Brensilver
Friday, March 27th, 2020 from 7:00pm - 9:00pm

EXPLORING THE POWER OF THE FEMININE: A DAYLONG WORKSHOP FOR WOMEN
Tracy Cochran and Sebene Selassie
Saturday, March 28th, 2020 from 10:00am - 5:00pm

KNOWING THE BODY: A PATH TO GREATER HAPPINESS
Peter Doobinin
Sunday, March 29th, 2020 from 10:00am - 5:00pm

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.

MONDAY DAYTIME SIT
Every Monday, 12:30-2:00pm
Fee by donation; no pre-registration required
Each meeting includes sitting and walking meditation, a brief reading, and group discussion. This is a Kalyana Mitta group: meetings are facilitated by group members.

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
Practice-leader 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.

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.

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