

Exploring Anattā: An Insight Meditation Society Online Program

Four two-hour online meetings:

Saturday or Sunday US and UK time-zones

Sunday or Monday Asia-Pacific time-zones

25 - 27 February, 4 - 6 March, 11 - 13 March, 18 - 20 March 2023

Three meeting-time options, to suit different time zones:

	Auckland NZDT	Sydney AEDT	Singapore SGT	San Francisco PST	New York EST	London GMT
Option 1 (2 Hrs)	9-11 am Sunday	7-9 am Sunday		12-2 pm Saturday (1 pm 18 March)	3-5 pm Saturday (4 pm on 18 March)	8-10 pm Saturday
Option 2 (2 Hrs)	1-3 pm Sunday	11 am -1 pm Sunday	8-10 am Sunday	3-5 pm Saturday (4 pm on 18 March)	7-9 pm Saturday (8 pm on 18 March)	
Option 3 (2 Hrs)	10 am-12 pm Monday	8-10 am Monday		1-3 pm Sunday (2 pm on 19 March)	4-6 pm Sunday (6 pm on 19 March)	9-11 pm Sunday

Fill out an application [here](#).

