

Insight Meditation in the Berkshires Weekly Practice Group

Fridays 5:30 p.m. - 6:30 p.m.
Bushnell-Sage Library Program Room

Free of Charge * All Are Welcome * No Experience Needed

*** Masks Optional * Fragrance-Free ***

For the health and safety of facilitators and participants, it is important that everyone come fragrance-free to this workshop.

Facilitation: Margo Davis, MSW, LICSW

For more information:
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Insight meditation is designed to support well-being and a mindful approach to living, through witnessing our thoughts and our responses to stress.