

Teachers Leading Bristol One Day Retreats 2012



ROB BURBEA is currently resident teacher at Gaia House in Devon, and teaches internationally. He has been practising Buddhist Meditation and Dharma since 1985, and teaching since 2004. He is co-founder of SanghaSeva, an organisation that explores the Dharma through service work - www.sanghaseva.org
Here is some further information about the retreat he'll be leading in January:

"In many spiritual traditions, including much of Buddhism, desire is often regarded as an impediment, an affliction, or something to be transcended. But there may be much more to desire than its problematic nature in causing suffering. It is possible to develop ways of skilfully relating to and exploring desire that open up unexpected resources, insights and treasures. On this Meditation Day we will begin to attempt to unpack and more deeply understand the movements of desire within us in order to liberate their not so obvious gifts."



ALAN LEWIS has been engaged in spiritual inquiry since the 1970's. For 17 years he was a Theravadin monk in the Forest Sangha tradition of Ajahn Chan. He disrobed in 2000. He now runs a computer business and also a website www.zenmoments.org with his wife Vanessa.



BRAD RICHECOEUR has been practising meditation and Qigong since the 1980's. He brings meditative inquiry into the nature of health and healing. Here is some further information about the retreat he'll be leading in May:

"Qigong is a skilful complement to the Buddhist practice of mindfulness of Body, Heart and Mind. The intention for this day retreat is to explore through simple and powerful standing, moving and sitting forms the dynamic changing nature of life, cultivating both the energy of body as well as the heartfelt presence of mind. From a Qigong perspective we shall connect to the 'three tantiens', helping to establish more sense of grounding and strength in the body, receptivity and warmth of heart and brightness and clarity of mind. The day is suitable for all levels of practice and will involve alternating periods of Qigong and Meditation, with some time for discussion and reflection."

AJAHN KOVIDA is a senior solitary nun in the Thai forest tradition of Ajahn Chah. She was resident at Chithurst monastery for ten years and has been teaching for three years. A recent influence on her practice is the Burmese teacher Sayadaw U Tejaniya (who is also a visiting teacher at IMS). This day retreat will be a valuable opportunity for guided meditation and reflections on practice, with a gentle and experienced practitioner from the Insight/Theravada tradition.

Here is some further information about the retreat she'll be leading in June:

"In terms of the content of the retreat, my practice is based upon the Buddha's teaching of the Four Noble Truths. From this I offer guidance in developing awareness and insight into how we suffer and the way out of suffering.

I emphasize Right Intention in how to undertake this contemplative practice by placing emphasis on developing a receptive, compassionate and non-judgemental attitude whilst cultivating a present moment awareness.

Through this it becomes possible to witness habitual ways of thinking and reacting. Instead of trying to fix these tendencies this practice will be turning attention towards and becoming more aware of them as they arise.

As this quality of presence grows it naturally unfolds into seeing the underlying perceptions, attitudes and beliefs that hold these habitual tendencies in place. All of this begins to loosen their hold and our identification with them.

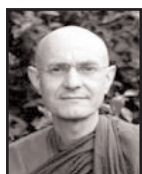
The teachers who have primarily influenced my practice are Ajahn Sumedho, Ajahn Sucitto and Ashin Tejaniya. There is lots of information on the Internet about each of them which you may like to explore.”



CAROLINE JONES has been practising meditation since 1989. She teaches at Gaia House and internationally. She also covers at Gaia House as resident teacher. We particularly welcome those new to meditation to this retreat.



CHRISTINA FELDMAN is a co-founder of Gaia House, and a Guiding Teacher for the Insight Meditation Society in the US. She has been leading Insight Meditation retreats worldwide since 1976. She has written a number of books including *Woman Awake*, *The Way of Meditation*, *Silence*, and *Buddhist Path to Simplicity*.



BHANTE BODHIDHAMMA started practising meditation in 1977, and ordained as a Theravadin monk in 1986. He spent 8 years living in Sri Lanka, and has been teaching in the West since 1998. He founded Satipanya on the borders of Wales (www.satipanya.org.uk), a retreat centre devoted to the Tradition of the Mahasi Sayadaw of Burma.