

Bristol Insight Meditation Group

BIMG is a non-profit group in the Insight Meditation tradition. This tradition originates in the Theravada schools of Buddhism from Southeast Asia, which teach a variety of practices to cultivate calmness, wisdom and compassion. The aspiration of BIMG is to support insight meditation practice, to create an environment that fosters skilful awareness and to develop a sense of community

The group hosts day retreats with experienced visiting meditation teachers, and organises other group activities in Bristol including:

- Meditation Sitting Group – weekly, Tuesday evenings at 7.30pm
- Self-led retreat days – regular silent days without teacher input
- Focusing Group – Focusing Group – meets monthly on a Sunday, 11am-1.30pm
- Daytime Sangha Group – meets monthly on a weekday morning, 10am-12 noon
- Occasional film screenings, walks and social events

All are welcome, from any faith, tradition or none

Visit our website for further information:
www.bristolmeditation.org.uk

A monthly e-newsletter is available with details of all group activities. To subscribe email:
bristolinsightmeditation@gmail.com

Join us as a Friend on our Facebook page at Bristol Insight Meditation Group

Bristol Insight Meditation Group



www.bristolmeditation.org.uk



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Day Retreats
2012

www.bristolmeditation.org.uk

Insight Meditation Day Retreats, 2012

21st January

Rob Burbea

The Beauty of Desire

25th February

Alan Lewis

Reclaiming Awareness

5th May

Brad Richecoeur

Meditation and Qigong

2nd June

Ajahn Kovida

Awareness and Insight

8th September

Caroline Jones

The Kindness of Mindfulness

3rd November

Christina Feldman

Contentment

1st December

Bhante Bodhidhamma

Mahasi day retreat

Teachers and Retreat Themes

Rob Burbea: The Beauty of Desire

Rob 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

Alan Lewis: Reclaiming Awareness

Alan has been engaged in spiritual inquiry since the 1970's. For 17 years he was a Theravadin monk, living and teaching in England, Sri Lanka, Thailand and Switzerland. He disrobed in 2000. He runs a computer business and a website with his partner Vanessa. www.zenmoments.org

Brad Richecoeur: Meditation and Qigong

Brad has been practising meditation and Qigong since the 1980's. He brings meditative inquiry into the nature of health and healing.

Ajahn Kovida: Awareness and Insight

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 four years.

Caroline Jones: The Kindness of Mindfulness

Caroline has been practising meditation since 1989. She teaches at Gaia House and internationally. We particularly welcome those new to meditation to this day retreat.

Christina Feldman: Contentment

Christina 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 and has written a number of books including Woman Awake, The Way of Meditation, Silence, and Buddhist Path to Simplicity.

Bhante Bodhidhamma: Mahasi day retreat

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

Day Retreats

Venue

Day Retreats are held at St Michaels on the Mount Parish Hall, Old Park Hill (off Perry Road), Bristol BS2 8BE

9.30am until 5pm

The teacher's opening talk starts at 9.45am; please arrive before this time

Retreat days are held in silence

They are open to beginners and those with experience of meditation. Please bring a vegetarian lunch to share and a meditation stool or cushion. Chairs are available if you prefer to sit on a chair. Hot drinks will be provided

Price

1. Entry fee to cover running costs

£12 (£6 unwaged) paid in advance OR

£15 (£8 unwaged) on the day

2. The Teacher's Payment

In the Buddhist tradition teachers make no charge for their teaching. Their only payment will be donations (dana) from the retreatants given on the day

To book a retreat day

Bookings can be made online at:
www.bristolmeditation.org.uk

If you cannot pay online please send a cheque payable to Bristol Insight Meditation Group, to:
BIMG, 2 Morley Terrace, Bath BA2 3BP

Please include the following information:

- your name
- your phone number and email address
- the day retreat(s) you want to book
- the amount enclosed

For further details visit the website or please email:
bristoldayretreats@gmail.com