



What is Insight Meditation?

Insight Meditation has its roots in the Theravada schools of Buddhism found mostly in Burma and Thailand. Early pioneer Western teachers such as Jack Kornfield, Joseph Goldstein and Christina Feldman came back from practice and study in Asia in the early 1970s, and it is from this group of teachers that Insight Meditation Centres such as Gaia House in Devon and Spirit Rock and the Insight Meditation Society in the USA were formed. Bristol Insight has close links with Gaia House, and draws inspiration from the wide range of teachings in the worldwide Insight Meditation community.