

Cultivating our Practice JAN-MARCH 2018

Date	Meditation sit facilitator	Activity	Activity Facilitators
16 th Jan	Ray	Suvaco's course: practices and mindful sharing	Course participants
23 rd Jan	Christine	Suvaco's course: practices and mindful sharing	Course participants
30 th Jan	Julia	Suvaco's course: practices and mindful sharing	Course participants
6 th Feb	James	Open Mindful Sharing	James
13 th Feb	Dominique and Jill	"Why do I (still) meditate?" (benefits and difficulties)	Dominique and Jill
20 th Feb	Jonathan	Qi Gong	Darren
27 th Feb	Julia	Meditation and Young People	Neil and Mannie
6 th Mar	Ray	Poetry and Prose	Ray
13 th Mar	Alistair	The Variety of Meditation Practices: overview and experiences.	Christine, Jonathan, Jill
20 th Mar	Jill	The Variety of Meditation Practices: overview and experiences.	Christine, Jonathan, Jill
27 th Mar	James	Consultation for next 3 months' activities	Jill
3 rd April		Goenka Retreats – sharings and discussions	Mannie and Jake