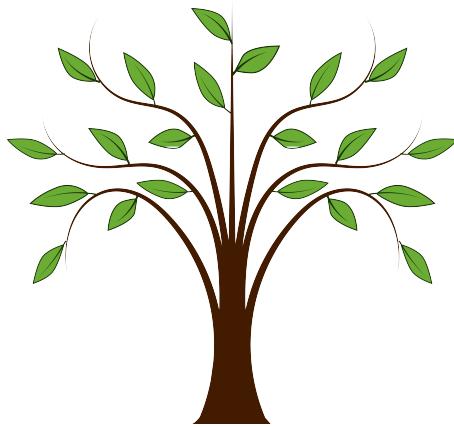


# BRISTOL INSIGHT MEDITATION



Cultivating your practice, deepening in dharma



This new 6 week “next steps” course will be led by Julia Wallond. It will be an opportunity for those with a meditation practice to develop it further with the support of teachings from the insight meditation tradition. Beginners are also very welcome.

*Why do we practice? What can this path offer? Where do I get stuck in practice, and what might help? How can these practices and path support my flourishing and become more integrated into what is important to me in life? How might they help me belong more fully and yet move more freely in the world?*

Weeks 1, 3, 4 and 6 will be small group sessions in parallel with the Bristol Insight Tuesday night sitting group. Weeks 2 (April 17<sup>th</sup>) and 5 (May 15<sup>th</sup>) will be joint evenings with the sitting group and offer the opportunity to deepen the exploration of some of the themes.

Themes include: affirming reasons for interest in meditation/ the power and subtlety of intention/ working with body and breath energies/ learning from the wisdom of the body/ cultivating the heart/ ethics as joyful practice/ ‘interbeing’ and the power of community.



Julia Wallond is a long term member of Bristol Insight Meditation and a former trustee. She teaches mindfulness in health care settings and is a tutor for the postgraduate mindfulness diploma at Exeter University. She is offering this course as part of her training in the Community Dharma Leader programme supported by the teachers' council at Gaia House Buddhist retreat centre, in which she is mentored by Catherine McGee. She is passionate about engagement in social and environmental justice issues and brings this to her membership of the Dharma Action Network for Climate Engagement (DANCE). She also works as a GP part time.

## PRACTICALITIES

Course dates: April 10th, 17th and 24th and then May 8th, 15th and 22<sup>nd</sup> 7.30-9.30pm  
The venue is the Central Quaker Meeting House, Champion Square, Bristol [BS2 8BE](#)

Costs:

Open hand: £40. (This fee is an act of generosity enabling those to attend who cannot afford the unwaged fee.)

Standard: £30

Unwaged: £15

Some further concessionary places may be available, please talk to Julia about these.

Dana: In keeping with Buddhist tradition we are invited to express our gratitude for the teaching by offering donations (Dana). We will explain more about this on the course.

Booking is through <https://www.brownpapertickets.com/event/3362765>

Please contact Julia for any more information: [julia.wallond@yahoo.com](mailto:julia.wallond@yahoo.com)