



Bristol Insight Meditation

Deepening Our Practice

Programme for July – September 2024

Date	Meditation Facilitator	Activity	Activity Facilitator(s)
2 nd July	Morag	Mindful Sharing – reflections on Practice	Morag
9 th July	Jonathan	Early Buddhist Iconography	Jonathan
16 th July	Joss	Dharmette	Joss
23 rd July	Mike	Identities and Not-self (anatta)	Mike
30 th July	Adam	Qi Gong	Adam
6 th August	Joss	Mindful Sharing	Joss
13 th August	Morag	Poetry and Prose	Morag
20 th August	Dave	Mindful Communication	Dave
27 th August	Maddy	Chanting	Maddy
3 rd September	Mike	Mindful Sharing	Mike
10 th September	Dave	Mindful Joy	Nadja
17 th September	Jonathan	Consultation on topics for Deepening our Practice	Jonathan
24 th September	Maddy	Social time, tea time and chat café	Maddy