



Bristol Insight Meditation

Cultivating Our Practice Calendar

July-September 2019

Date	Meditation sit facilitator	Activity	Activity Facilitators
2 nd July	Clare	Mindful movement – Qi kung - Shibashi	Mike and Clare
9 th July	Ray	Mindful Sharing	Ray
16 th July	Jonathan	Exploring the Three Refuges	Jonathan
23 rd July	Alistair	Listening to the Satipattana Sutta (The Establishment of Mindfulness Discourse)	Mike
30 th July	Mike	Sharing of Poetry and Prose	Mike
6 th Aug	Barbara	Spiritual book share	Ray and Barbara
13 th Aug	Ray	Chanting and ritual	Christine and Jonathan
20 th Aug	Alastair	Mindful Sharing	Alastair
27 th Aug	James	Changing perceptions using mandala	James
3 rd Sept	Barbara	Mindful Sharing	Barbara
10 th Sept	Clare	Focusing demonstration	Gordon
17 th Sept	Jill	Consultation on Cultivating our Practice for the next three months	Jill
24 th Sept	Jonathan	“The Seeing that Frees” – sharing the insights	Max