



Bristol Insight Meditation

Cultivating Our Practice Calendar

July - September 2020

| Date | Meditation Sit Facilitator | Activity | Activity Facilitator(s) |
|-----------------------|-----------------------------------|-------------------------------------------------------|--------------------------------|
| 7 th July | James | Annual General Meeting | Max & Jonathan |
| 14 th July | Alastair | Consultation on topics for Cultivating our Practice | All |
| 21 st July | Jonathan | Reflections on Gratitude | Danielle |
| 28 th July | Jill | Dharmette Talk and Breakout Enquiry | Joss |
| 4 th Aug | Mike | Mindful Sharing | Mike |
| 11 th Aug | Barbara | The Five Aggregates (Skandhas) | Barbara & Jill |
| 18 th Aug | Jonathan | Book Sharing | Heather |
| 25 th Aug | Ray | Reflections on "A Year to Live" by Stephen Levine (1) | Ray |
| 1 st Sept | Alastair | Reflections on "A Year to Live" by Stephen Levine (2) | Ray |
| 8 th Sept | James | Finding and exploring the Middle Way | James |
| 15 th Sept | Mike | Poetry and Prose | Mike |
| 22 nd Sept | Jill | Consultation on topics for Cultivating our Practice | All |
| 29 th Sept | Jonathan | Social time, tea time and chat café | Jonathan |