



## Bristol Insight Meditation

Cultivating Our Practice Calendar

January - March 2021

<b>Date</b>	<b>Meditation Sit Facilitator</b>	<b>Activity</b>	<b>Activity Facilitator(s)</b>
5 <sup>th</sup> Jan	Barbara	Mindful Sharing	Barbara
12 <sup>th</sup> Jan	Claire	A Caring Sangha What do we mean?	Ray
19 <sup>th</sup> Jan	Ray	Reflections on Suvaco Day Retreat	Ray
26 <sup>th</sup> Jan	Joss	Dharmette Talk and Breakout Enquiry	Joss
2 <sup>nd</sup> Feb	Jonathan	Mindful Sharing	Jonathan
9 <sup>th</sup> Feb	Mike	Poetry and Prose	Mike
16 <sup>th</sup> Feb	Ryan	Exploration of the 5 Hindrances	Ryan & Will
23 <sup>rd</sup> Feb	Christine	Social time, tea time and chat café	Christine
2 <sup>nd</sup> Mar	Alastair	Mindful Sharing	Alastair
9 <sup>th</sup> Mar	James	Poetry and Prose	James
16 <sup>th</sup> Mar	Mike	Introduction to Insight Meditation (1)	Mike and Joss
23 <sup>rd</sup> Mar	Joss	Introduction to Insight Meditation (2)	Mike and Joss
30 <sup>th</sup> Mar	Jonathan	Consultation on topics for Cultivating our Practice	All