



Bristol Insight Meditation

Cultivating Our Practice Calendar

April - June 2021

Date	Meditation Sit Facilitator	Activity	Activity Facilitator(s)
6 th April	Ray	Mindful Sharing	Ray
13 th April	James	Something Tibetan	James
20 th April	Ryan	The Five Precepts	Ryan & Will
27 th April	Joss	Dharmette Talk and Breakout Enquiry	Joss
4 th May	Jonathan	Mindful Sharing	Jonathan
11 th May	Jake	Poetry and Prose	Jake
18 th May	Clare	Cultivating Self Compassion	Clare & Mike
25 th May	Christine	Secular Mindfulness and Insight Meditation: Sisters on the Path?	Christine
1 st June	Ray	How to form a Special Interest Group including ideas from WhatsApp group	Ray
8 th June	Barbara	Poetry and Prose	Barbara
15 th June	Christine	Social time, tea time and chat café	Christine
22 nd June	Mike	Listening to a Pali Sutta and mindful exploration	Mike
29 th June	Jonathan	Consultation on topics for Cultivating our Practice	All