



Bristol Insight Meditation

Cultivating Our Practice Calendar

July - September 2021

Date	Meditation Sit Facilitator	Activity	Activity Facilitator(s)
6 th July	Barbara	Mindful Sharing	Barbara
13 th July	Mike	Annual General Meeting	Mike and others
20 th July	Christine	Non Duality and the Ego	Vince
27 th July	Mike	Reflections on Yanai's Day Retreat Boundless Heart – Vulnerable Earth	Mike and others
3 rd August	Ray	Mindful Sharing	Ray
10 th August	Mike	The 7 Factors of Awakening	Mike
17 th August	Jonathan	The Five Precepts	Jonathan
24 th August	Mark	Positives and Opportunities to protect & support the Natural World	Mark
31 st August	Barbara	Poetry and Prose	Barbara
7 th Sept	Clare	Mindful Sharing	Clare
14 th Sept	Mike	Listening to a Pali Sutta and mindful exploration	Mike
21 st Sept	Christine	Social time, tea time and chat café	Christine
28 th Sept	Jonathan	Consultation on topics for Cultivating our Practice	Jonathan