



Bristol Insight Meditation

Deepening Our Practice

Programme for January - March 2022

Date	Meditation Sit Facilitator	Activity	Activity Facilitator(s)
4 th January	Barbara	Mindful Sharing	Barbara
11 th January	Christine	Our Favourite Guided Meditations	Christine
18 th January	Jonathan	Guided Meditation	Jonathan
25 th January	Mike	Why do we meditate?	Mike
1 st February	James	Mindful Sharing	James
8 th February	Heather	Poetry and Prose	Heather
15 th February	Clare	Exploring how our practice can support us when working from home	Max
22 nd February	Max	When to return to in-person sessions?	Barbara
1 st March	Mike	Mindful Sharing	Mike
8 th March	Barbara	Spiritual Book Sharing	Barbara
15 th March	Christine	Social time, tea time and chat café	Christine
22 nd March	Jonathan	Consultation on topics for Deepening our Practice	Jonathan
29 th March	Mimi	Recorded Dharmette and reflection	Mimi