

Bristol Insight Meditation

The aspiration of Bristol Insight Meditation is to support Insight meditation practice, to create an environment that fosters skillful awareness and to develop a sense of community.

We are a peer-led, non-profit organisation within the Western Insight Meditation tradition. We became a registered charity in 2015. Originating in the Theravadan schools of Buddhism from South East Asia, the Insight or Vipassana tradition is also influenced by contemporary Western approaches. A variety of meditation practices may be used, all of which aim to cultivate clarity, wisdom and compassion. All are welcome, from any faith or none.

We offer on-going support for meditation practice through our local groups, retreat programmes and courses:

- Weekly meditation sitting group on Tuesday evenings
- Nature meditations afternoons
- Rewilding Women: Nature meditation overnights
- Introductory and longer courses
- Day retreats with experienced teachers throughout the year
- Self-led day retreats on the first Saturday of each month
- An Annual Sangha* Celebration day
- A Focusing group
- Regular sangha walks
- Dharma** interest and study groups
- Occasional social events

"Bristol Insight Meditation offers the freedom to develop spirituality at one's own pace and form, within a uniquely supportive sangha" Participant

Visit our website for further information:
www.bristolmeditation.org.uk

To subscribe to our monthly e-newsletter please email: bristolinsightmeditation@gmail.com

* Sangha is a traditional word meaning community.

** Dharma we understand as the teachings of the Buddha

Bristol Insight Meditation

2023



Bristol
Insight
Meditation

www.bristolmeditation.org.uk
Registered Charity 1162182

Day retreats with visiting teachers

Retreats for 2023

We offer a number of teacher-led retreats throughout the year. Our current venue for these retreats is

Glenfrone Primary School, Bristol, BS5 6TY

Timing: 9.30am to 4pm.

Please see our website for latest retreat details.

Saturday 28th January 2023

Mark Ovland

Freedom right here

Saturday 18th March 2023

River Wolton

Impermanence and Joy

Saturday 20th May 2023

Zohar Lavie

Cultivating wellbeing, ease and freedom

Saturday 8th July 2023

Laura Bridgman

Knowledge from the present moment

Saturday 16th September 2023

Ramiro Ortega

Fundamental questions on Practice

Saturday 18th November 2023

Jaya Rudgard

Title to be confirmed

“Meditation is greater and vaster than just a technique or formula for living — it is the cultivation of a heart of wisdom and a mind of calm.”

Christina Feldman

Day Retreat teacher biographies, information and booking

Please see our website for teacher biographies, more on each retreat and how to book:

<http://www.bristolmeditation.org.uk/what-we-offer/retreats/teacher-led-retreats/>

“At Bristol Insight there is no inferiority or superiority – all can feel relaxed and supported. Thank you”

Participant

Sitting group and Deepening our Practice every Tuesday evening

The sitting group meets every Tuesday in central Bristol from 7.20 to 9.15pm. These evenings are peer led and are a good way to join with others to sustain and support meditation practice. We are very supportive of newcomers. All are welcome.

As part of our Tuesday evening sitting group we now offer a session called ‘Deepening our Practice’ after the tea break. These are led by members of our Sangha who share their experience and interest in topics ranging from Radical Dharma to Buddhist texts.

To find out more about our sitting group and to check out our calendar for current topics please visit our website <http://www.bristolmeditation.org.uk/retreats/tuesday-evening-sitting-group/>

Occasional longer courses

Our occasional longer courses allow us to cultivate our practice through more sustained teaching with an experienced teacher often over several weeks. Previous Insight meditation teachers have included Catherine McGee, Kirsten Kratz and Yanai Postelnik.

Please keep checking our website for details of our next longer course: www.bristolmeditation.org.uk

Saturday self-led day retreats

We meet on the first Saturday of each month in Bristol for a day of silent sitting and walking meditation practice. Some experience of Buddhist or Mindfulness meditation is helpful as there is no teacher or formal instruction. The days include a recorded talk and shared lunch.

We are very supportive of newcomers. All are welcome.

The days are held at Horfield Quaker Meeting House, 300 Gloucester Road, Bristol BS7 8PD, 10am – 5pm.

More information, dates and contact details are on our website: <http://www.bristolmeditation.org.uk/retreats/self-led-day-retreat/>

Introductory courses

Our Introductory courses are offered throughout the year. They vary in length and style but are usually 4 evening sessions. They introduce people to the basics of Insight Meditation – enough to get started.

Courses typically cover the practicalities of posture, breathing, sitting and walking meditation as well as exploration of the experience of meditation: how it can be beneficial for ourselves and for others.

The course is run by members of Bristol Insight Meditation. All are welcome.

Please keep checking our website for details: www.bristolmeditation.org.uk

“Mindfulness meditation doesn't change life. Life remains as fragile and unpredictable as ever. Meditation changes the heart's capacity to accept life as it is. It teaches the heart to be more accommodating, not by beating it into submission, but by making it clear that accommodation is a gratifying choice.”

Sylvia Boorstein