



# Bristol Insight Meditation

Deepening Our Practice

Programme for January – March 2025

<b>Date</b>	<b>Meditation Facilitator</b>	<b>Activity</b>	<b>Activity Facilitator(s)</b>
7 <sup>th</sup> January	Jonathan	Mindful Sharing - reflections on New Year	Jonathan
14 <sup>th</sup> January	Morag	Facilitators' Evening	Morag
21 <sup>st</sup> January	Mike	What is the Insight in Insight Meditation?	Mike
28 <sup>th</sup> January	Jonathan	Mindful Joy	Nadja
4 <sup>th</sup> February	Joss	Mindful Sharing	Joss
11 <sup>th</sup> February	Morag	Poetry and Prose	Morag
18 <sup>th</sup> February	Dave	Formal versus Informal Practice	Dave
25 <sup>th</sup> February	Joss	Dharmette	Joss
4 <sup>th</sup> March	Mike	The Buddha Doesn't Do Cosy Meditation and Social & Political Engagement	Mike
11 <sup>th</sup> March	Mike	Follow up discussion around Social Engagement	Nadja
18 <sup>th</sup> March	Jonathan	Consultation on topics for Deepening our Practice	Jonathan
25 <sup>th</sup> March	Morag	Social time, tea time and chat café	Morag