



Bristol Insight Meditation

Deepening Our Practice

Programme for April – June 2025

Date	Meditation Facilitator	Activity	Activity Facilitator(s)
1 st April	Joe	Mindful Sharing	Joe
8 th April	Morag	Facilitators' Evening	Morag
15 th April	Nadja	Mindful Joy	Nadja
22 nd April	Morag	Poetry and Prose	Morag
29 th April	Jonathan	Film : A Cloud Never Dies	Jonathan
6 th May	Maureen	Mindful Sharing	Maureen
13 th May	Nick	Loving Kindness Meditation (Metta)	Nick
20 th May	Morag	Meditation and Social & Political Engagement	Morag
27 th May	Jonathan	Reflections on the Precepts	Jonathan
3 rd June	Joe	Mindful Sharing	Joe
10 th June	Mike	The Four Foundations of Mindfulness	Mike
17 th June	Jonathan	Consultation on topics for Deepening our Practice	Jonathan
24 th June	Jonathan	Social time, tea time and chat café	Jonathan