



Bristol Insight Meditation

Deepening Our Practice

Programme for April - June 2026

Date	Meditation Facilitator	Activity	Activity Facilitator
7 th April	Jonathan	Mindful Sharing	Jonathan
14 th April	Eugene	Meditation and Music	Eugene
21 st April	Joe	Charity Partnership	Joe
28 th April	Mike	How to fall in love with your Practice	Mike
5 th May	Jonathan	Poetry and Prose	Jonathan
12 th May	Caitlin	Mindful Sharing	Caitlin
19 th May	Alan	Tibetan Chanting	Alan
26 th May	Pete	Mindful Eating and Drinking	Pete
2 nd June	Caitlin	Mindful Sharing	Caitlin
9 th June	Adam	Effective Altruism	Adam
16 th June	Charlie	Zen Koans	Charlie
23 rd June	Joe	Consultation on topics for Deepening our Practice	Joe & Jonathan
30 th June	Jonathan	Social time, tea time and chat café	Jonathan