



Bristol Insight Meditation

Deepening Our Practice

Programme for October - December 2026

Date	Meditation Facilitator	Activity	Activity Facilitator
6 th October	Joe	Mindful Sharing	Joe
13 th October	Alan	Tibetan Chanting	Alan
20 th October	Charlie	Zen Poetry	Charlie
27 th October	Pete	Mindful Walking	Pete
3 rd November	Eugene	Music and Meditation	Eugene
10 th November	Mike	How to fall in Love with your Practice: part 2	Mike
17 th November	Jonathan	Poetry & Prose	Jonathan
24 th November	Joe	Mindful Sharing	Joe
1 st December	Pete	Mindful Living in the present moment	Pete
8 th December	Mike	Towards Diversity and Inclusion	Mike
15 th December	Joe	Consultation on topics for Deepening our Practice	Joe & Jonathan
22 nd December	Jonathan	Social time, tea time and chat café	Jonathan
29 th December		NO SIT	