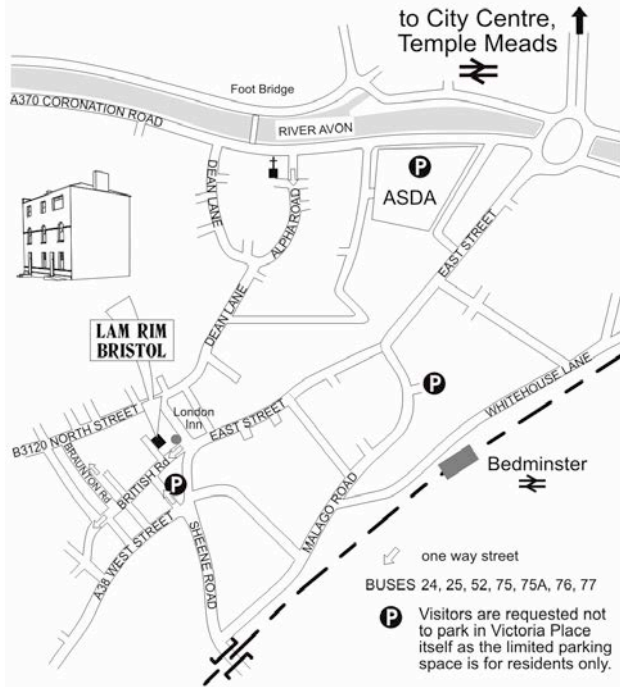




LAM RIM BRISTOL



To find the Centre, at the end of East Street (the main shopping street in Bedminster), cross over to British Road by the London Inn. Victoria Place is 50 yards on the right. There is a car park nearby in Diamond Street.

The Lam Rim Bristol programme is published three times a year, if you would like to be put on the **mailing list** for regular updates please send your email address to: janie@lamrim.org.uk

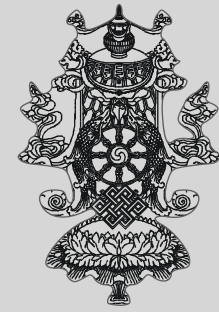
1988 LAM RIM BRISTOL 2014

The **Buddhist Centre** on the top floor, holds evening and weekend meetings to learn and practise meditation, hear and discuss Buddha's teachings and to perform devotional Buddhist practice. Teachings follow the Tibetan Gelug-pa tradition under the guidance of our spiritual director, Ven. Geshe Damcho Yonten from Drepung Loseling Monastery. Geshe-la is a Lharampa Geshe who has been teaching in this country for 28 years. He is resident at Lam Rim Buddhist Centre in Wales. Ven. Geshe Lobsang Thinley (also a Lharampa Geshe from Drepung Loseling) is resident in Bristol and teaches regularly on Tuesday evenings. Both Geshe maintain regular contact with the monastery, so we have occasional visits from other teachers and monks.

The **Centre for Whole Health** provides complementary medicine on the ground floor and a spacious hall on the first floor where Tai Chi, yoga, massage, shiatsu etc. are practised. Complementary medicine is on offer through experienced therapists practising many therapies including Acupuncture, Counselling, Cranial Osteopathy, Homœopathy, Holistic Massage, Osteopathy, Reiki, Rolwing.

The **Lam Rim Bristol Centre** is run with help from a group of volunteers. The Centre for Whole Health is run as a limited company while all activities at the Centre are overseen by the Lam Rim Bristol Trust (a registered charity). The Centre is tranquil, relaxed and peaceful. All activities at the Centre are in harmony with the Buddhist principles of care and concern for others. All that is required from visitors is to refrain from anything that could disturb the peaceful environment. Several users of the Lam Rim Centre are Buddhists, but the spiritual programme sometimes attracts people from other faiths and those without any particular beliefs.

Lam Rim Bristol was a founder member of the Network of Buddhist Organisations that began its activities by organising the UK visit of His Holiness the Dalai Lama in 1996 to teach the Four Noble Truths. The Centre was involved in organising His Holiness' teachings in Glasgow in 2004 and the teachings in Nottingham in 2008. The Centre is also an active member of Bristol Inter Faith Group and Bristol Buddhist Forum.



LAM RIM BRISTOL BUDDHIST CENTRE



Autumn Programme
September to December 2014

Buddhism and Meditation
Complementary Medicine
Workshops Courses & Talks

<http://www.lamrim.org.uk/bristol>



**LAM RIM BRISTOL
BUDDHIST CENTRE**
12 Victoria Place
Bedminster
Bristol BS3 3BP
(0117) 9639089

Patrons:
Kyabje Rinzong Rinpoche
Khensur Denma Lochö Rinpoche
Spiritual Director:
Ven. Geshé Damchö Yönten
Resident Teacher:
Ven. Geshé Lobsang Thinley

AUTUMN 2014

Programme

Buddhist teachings are traditionally given freely, but the Centre relies on voluntary support. If you wish to contribute, suitable donations are: evening/day classes £3.50/£1.50; weekend courses per day £10/£5 waged/unwaged.

At weekends, a light lunch is normally available but you are welcome to bring your own food

Monday Evenings

Basic Meditation

Sept 1 to Dec 15 7.30 – 9.00pm

Drop-in meditation classes. Simple guided meditations to develop a peaceful mind and a happy heart. Suitable for all – just come along in time for a 7.30 start.



Tuesday Evenings

Tara Puja

Sept 2nd – Dec 16th 7.00 – 7.45pm

Chanting and mantra recitation to overcome obstacles and negativities – a meditational offering to the enlightened activity of all the Buddhas.

Ven. Geshé Samten Gyatso

from Sept 16th 7.45 – 9.00pm

Geshe-la is visiting our centre this term and he will be teaching on Tuesdays evenings after Tara Puja. Geshe-la will be teaching on **The Six Perfections**.

Further information on the website and leaflet at the centre.

Wednesday Evenings

Silent Sitting Meditation

Sept 3rd to Dec 17th 7.30 start

Following a brief initial settling meditation, there will be a silent sitting meditation of 40 minutes, with a bell after 20 mins. This will be followed by a short metta bhavana and dedication. There will be no guidance, so this is suitable for those with prior experience.

Thursday Evenings

Eight Verses of Thought Transformation

Sept 4th to Dec 18th 7.30 – 9.00pm

This short text by Geshé Langri Tangpa (1054-1123) is a very useful guide to changing negative attitudes into positive ones – particularly attitudes towards others. After a short introduction, the emphasis is on discussion and enquiry. We are joined by Ven. Geshé Samten Gyatso. Suitable for all.

Weekend Courses

Saturday November 8th

10.00 – 16.30

Calm Abiding

teaching with

Ven. Geshé Damchö Yönten

If you would like further information on this subject it can be found in a free leaflet at the centre.



Lam Rim Buddhist Centre Wales

Situated in quiet countryside, this is the ideal place for quiet residential retreats, meditation and study. For further information 01600 780383.



Ven. Geshe Damcho Yonten is re-commencing his regular teaching schedule on Sunday September 14th.

Saturday Sept 20th & Oct 25th

GENTLE TRAINING IN MINDFULNESS led by Dan Buys

Master Class with Ven. Geshé Damchö Yönten

Saturday 1st Nov 10.30 - 4.00

Text Nagarjuna's Precious Garland.

Contact centre to book place

Please check the website for further details:
www.lamrim.org.uk/wales/

Lam Rim (Wilts. & Glos.) Buddhists

Sitting Meditation classes

Thursdays 7:30pm – 9pm and Mondays and Saturdays 9:30am to 11am (starting 4th September)

See Lam Rim Wilts and Glouc. web-site for

Saturday classes 5pm – 6:30

Please visit <http://www.lamrimwg.org.uk>

For further information, ☎ 01249 715152 / 701941

Email to be added to the mailing list.
lamrimwg@gmail.com

.....

Tsok Days

Thurs Sept 4th Thurs Sept 18th

Frid Oct 3rd Sat Oct 18th

Sun Nov 2nd Mon Nov 17th

Mon Dec 1st Tues Dec 16th

Festival days

Thurs Nov 13th

Anniversary of Buddha's Descent from Tushita Heaven

Tues Dec 16th

Anniversary of Je-Tsongkapa



Centre for Whole Health
12 Victoria Place
Bedminster, BS3 3BP

☎ 0117 923 1138

Autumn 2014 Programme

The Centre for Whole Health offers Acupuncture, Counselling, Cranial Osteopathy, Homeopathy, Holistic Massage Therapy, Osteopathy, Reflexology, Reiki and Roling. It is open weekdays from 9.00am-1.00pm, 2.00pm-5.30pm. Some consultations are available outside these hours.

Please note: Lam Rim Bristol Centre for Whole Health carry no responsibility for the content of courses and workshops run here.

Ongoing day courses

Middle Way Tai Chi School

Mondays and Thursdays: 6.30pm – 8.00pm

Wednesday 8.00pm – 9.30pm,

Famous in China as a complete exercise, giving strength, softness and a peaceful heart. Tai Chi as taught by Alan Peck and Dr. Chi Chiang-Tao.

Ffi: Chris Hill ☎ 0117 300 9130 or 0796 313 9736
www.middlewaytaichi.com

Natural Way Tai Chi

Tuesday: 6.30pm – 9.30pm

Tai Chi in the lineage of Alan Peck, John Kells, Dr Chi Chiang-Tao and Cheng Man Ching.

Qualified senior instructors cover all aspects of the Tai Chi syllabus.

Ffi: ☎0117 230 3962

naturalwaytaichi@googlemail.com

www.naturalwaytaichi.co.uk

Tai Chi with Sarah May

Monday: 8.00pm – 9.30pm

Exploring the inner journey of Tai Chi, a chance to deepen your practice.

Ffi: Sarah ☎ 0792 925 2756

sarah@flowingwithlife.co.uk

Weekly Scaravelli Yoga Class with Caroline Reid-Sinclair

Tuesdays 10.00 – 11.30am

September 2 - December 16 EXCEPT October 28 (no class)

Yoga for everyone, "If you are kind to your body it will respond in an incredible way"

Ffi: Caroline: ☎ 0117 9078995, 07570 507494

carolinereidsinclair@hotmail.com

www.independentyoga.co.uk

Scaravelli yoga with Caroline Lang

Monthly monday morning sessions open to all.

22 Sept, 20 Oct, 17 Nov, 15 Dec. 10.15am to 1pm. Finding wholeness in the body through yoga, deep rest and chanting.

callyogini@yahoo.com

www.CarolineLangYoga.com

Weekly Qi Gong class

Weds 2.45-4pm Janice Rossiter

Sep 10 to Dec 17, EXCEPT no class Oct 15

.....

Bristol Tibet Group

First Monday in the month, 7.30pm

The group reviews the current situation in Tibet, plans fund-raising events and action to help Tibetans.

Ffi, reception: ☎ 0117 923 1138

www.lamrim.org.uk/bristol/btg_info.html

Weekend courses

Qigong (Hua Gong)with Dario Gerchi

A style of Qigong well known for its powerful healing effects. Suitable for all levels of experience or fitness.

Sun Oct 19 and Sun Nov 30.

10:30am – 5:00pm

Ffi: Dario 01749 812822

Weekends/single days cost £95/£50 (£80/£45 if paid a week in advance; £5 discount each if you bring a newcomer)

dario@gn.apc.org, www.qigongdario.com

Bristol School of Shiatsu

3 year professional training courses, 1 year course, 3 weekend foundation courses and postgraduate workshops.

Ffi: Bristol School of Shiatsu: 0844 335 0573

e-mail info@shiatsubristol.co.uk

www.shiatsubristol.co.uk



MAIN HALL FOR HIRE

Some weekend and weekday space still available.

Therapy rooms also available.

Telephone reception on
0117 9231138

JENI BRIGGS DO

SAM DOBBIE Bsc (Hons) Ost.
D.O.

Registered with the General Osteopath Council



OSTEOPATH

Centre for Whole Health 12 Victoria Place Bedminster Bristol BS3 3BP
Telephone 0117 923 1138

HOMŒOPATHY
PENNY STIRLING
M.A. R.S.HOM.

Centre for Whole Health
Bedminster, Bristol
0117 9231138
The Remedy Centre, Wells
01749 677555

BRISTOL
SCHOOL
of
SHIATSU



3 Weekend Foundation Courses
1 Year Course
3 Year Professional Training] in Bristol

For a prospectus and course programme,
please contact:
PO Box 419, Bridgwater TA6 9ES
Tel/Fax: 0844 3350573
shiatsubss@blueyonder.co.uk
www.shiatsubristol.co.uk

wise bodies



holistic massage
& reflexology

Sophie Paine MTI MAR IIR

The Centre of Whole Health, Bristol
0117 923 1138 / 07903 650998

wisebodies.com

Bristol Acupuncture Practice



Deb Heberlet

MSc, LicAc, MBAcC

Al Hessari

BSc, LicAc, MBAcC

0117 963 9813

info@bristolacupuncturepractice.co.uk