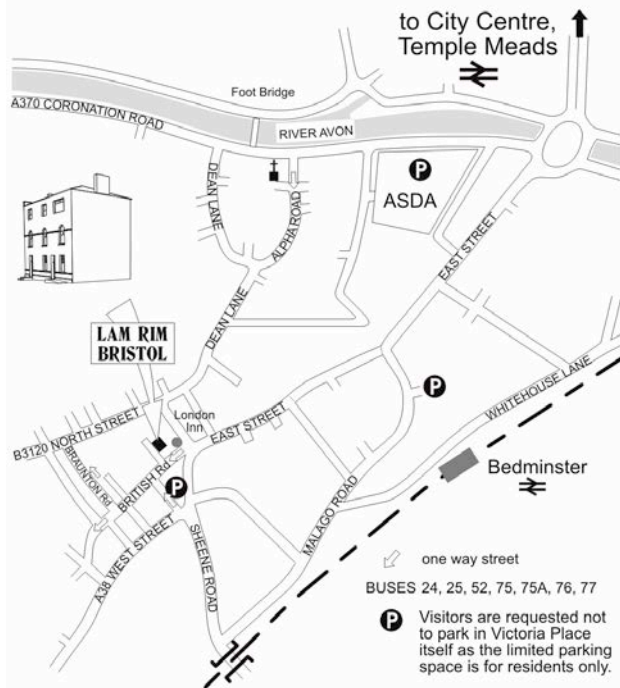




LAM RIM BRISTOL



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: mail@lamrim.org.uk

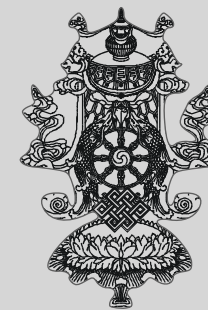
1988 LAM RIM BRISTOL 2015

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. He maintains 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, Roling.

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.



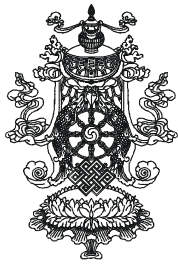
LAM RIM BRISTOL BUDDHIST CENTRE



Autumn Programme
September to December 2015

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

Patron:
Kyabje Rinzong Rinpoche

Spiritual Director:
Ven. Geshé Damchö Yönten

Autumn 2015 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

September 7th to December 21st 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

7.00 – 7.45pm

September 22nd to December 22nd

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

Tuesday evenings

Sept 22 to Oct 27 7.45 – 9.00pm

Geshe Samten Gyatso is staying in Lam Rim Wales centre after his 3 month teachings in Lam Rim South Africa. During this time Geshe Damcho Yonten has kindly asked him to teach on Tuesday nights and some weekends at our centre. On the above dates Tara Puja will be followed by **Lam Rim Teachings** from Geshe Samten Gyatso. Suitable for all.

Wednesday Evenings

Silent Sitting Meditation

September 1st to December 16th 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

Equanimity, Love, Compassion and Joy

10 September – 17 December, 7.30-9.00pm

These four qualities, known as The Four Immeasurables or Sublime Abodes (*Brahma Vihara*), are used in Buddhism to strengthen the aspiration to achieve enlightenment for the benefit all beings. However, any individual who cultivates these qualities will experience more peace and composure in their life. Through discourse, discussion and meditation, we can gain a deeper appreciation of these qualities and develop our practice of them. Suitable for all.

Weekend Courses

Saturday September 26th 10.30 to 12.30

**Questions and Answers Forum with
Geshé Damchö Yönten
& Geshé Samten Gyatso**

This is an opportunity to meet with both teachers and submit your questions about the dharma for their responses. See website for further details.

Weekend Courses (cont.)

Saturdays October 3rd & 24th

10.00 to 4.00 pm

Geshé Samten Gyatso

Teachings on Lam Rim
bring lunch to share

(Subjects to be confirmed please check the website)



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. www.lamrim.org.uk/wales/

Ven Geshé Damchö Yönten teachings
Sundays Sept 13,20,27 Oct 4,18,25 Nov
1,15,29 Dec 13

3.30 – 4.30 Text 'Liberation in the Palm of your Hand'

Suggested Donation £5 pp incl Tea & Refreshments.

Tuesdays (1st & 3rd Tues in month) 11-12noon
Sept 15 Oct 6,20 Nov 3,17 Dec 1,15
Text Shantideva 'Guide to the Bodhisattva Way of Life'

Suggested Donation £5 pp incl Tea & Refreshments.

Saturday December 5th Lama Tsong Khapa

Lam Rim Buddhist Centre Wales Weekends

Saturday November 21st 10.00 – 4.30

MASTERCLASS

with Ven Geshé Damchö Yönten

Text Nagarjuna The Precious Garland
Suggested Donation £40pp incl of
vegetarian lunch & refreshments

October 9th to 11th (Frid to Sun)

Silent Retreat on 5 Powers

with guidance from Geshé Damchö Yönten

(Please contact the centre beforehand if you are
planning on attending a weekend course in order
to book meals or accommodation.

Lam Rim (Wilts. & Glos.) Buddhists

Sitting Meditation classes

Thursdays 7:30pm – 9pm and Mondays and

Saturdays 9:30am to 11am

See Lam Rim Wilts and Glouc. web-site for start
dates and

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

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Tsok Days

Mon 7 Sept Wed 23 Sept

Wed 7 Oct Thurs 22 Oct

Friday 6 Nov Sat 21 Nov

Sat 5 Dec Sun 20 Dec

Festival Days

Tuesday 3 November: Buddha's descent from
Tushita

Sunday 20 December Tsongkhapa Day



**Centre for Whole
Health**
12 Victoria Place
Bedminster, BS3 3BP
☎ 0117 923 1138

Autumn 2015 Programme

*The Centre for Whole Health offers Acupuncture,
Counselling, Cranial Osteopathy, Homeopathy, Holistic
Massage Therapy, Nutritional 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

Qi Gong with Jon Lee

Wednesdays 2.00 - 3.15 pm

Classes begin September 9th

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 Yoga classes with Caroline Reid

Tuesdays 1st Sep- 20th Oct

& 3rd Nov - 15th Dec

Wednesdays 2nd Sep - 21st Oct

& 4th Nov - 16th Dec

*I have been teaching yoga in Bristol since
2002. My weekly classes are for everyone and I
offer plenty of individual help and nurturing
adjustment. We practice in a slow, gentle way;
dissolving tension and refining movement. As
we come back to our innate wholeness we find
softness, freedom, strength, support and
vitality.*

Contact Caroline on 07570 507 494

caroline@carolinereidyoga.com

www.carolinereidyoga.com

Yoga for Health and Healing with Andrea Newman

*Yoga teacher (BWY) and Certified Rolfer (RISI)
Wednesdays 10.00-11.30am*

*A yoga class for all ages, shapes and sizes, stiff
or flexible, beginners and experienced*

*students. Mindful yoga incorporating Roling
movement, for a balanced body and mind.*

*Suitable for maintaining wellness and
managing ill-health.*

www.yogaandroling.co.uk

Tel: 07867 488561 Email:

andrea@yogauk.com

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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

Centre for Whole Health Weekend Courses

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

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.

Weekend

24-25 Oct

10:30am – 5:00pm

Ffi: Dario !020 8768 5683

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



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

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3 Year Professional Training] in Bristol

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shiatsubss@blueyonder.co.uk
www.shiatsubristol.co.uk

wise bodies



holistic massage
& reflexology

Sophie Paine MTTMAR 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