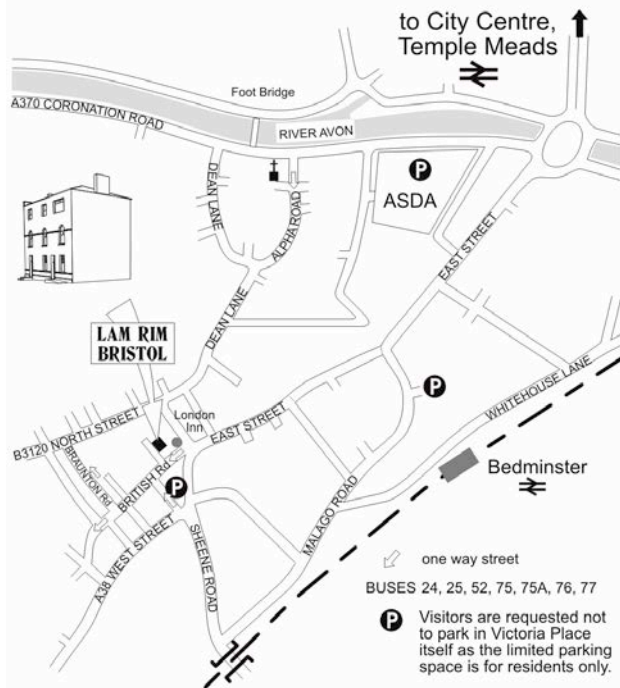




LAM RIM BRISTOL



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

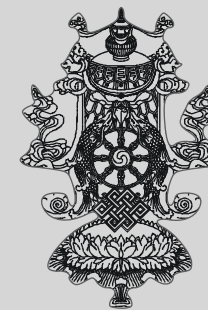
1988 LAM RIM BRISTOL 2016

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 2016

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 2016 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 5th to Dec 12th 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.



Wednesday Evenings

Silent Sitting Meditation

Sept 7th to Dec 14th 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

Introduction to Buddhism
8 September - 15 December
7.30 - 9.00pm

The Buddha diagnosed the nature of our existence as characterised by 'dukkha' (stress, restlessness, unsatisfactoriness) and explained how this arises. He found liberation from this state and taught the path to reach it. His teachings are encompassed in the 'Four Noble Truths'. Following a short introduction and reflection, we shall discuss these teachings. There will be time for questions and answers. Suitable for all. Due to a reduced number of people available to lead these evenings, please check with mike@lamrim.org.uk beforehand.

Weekend Courses

Due to a number of the group facilitators being away this term we have a reduced programme. Our usual programme will resume in the New Year 2017.

Meditation Day Saturday October 15th

10.00am - 4.45pm

10.00 - 12.30 Guided meditation following the format of Monday evenings.

12.30 - 2.00 Shared lunch

2.00 - 4.45 Silent, unguided meditation sessions following the format of Wednesday evenings. There will be three 40 minute sessions on the hour 2:00, 3:00, 4:00.

Visitors are welcome to attend any number of sessions, but please arrive in between sessions so as not to cause a disturbance to others.

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 5.00 – 6:30pm

Please visit <http://www.lamrimwg.org.uk>
Ffi, J 01249 715152 / 701941



Lam Rim Buddhist Centre Wales

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

www.lamrim.org.uk/wales/



Tsok Days

Sunday Sept 11th Sunday Sept 25th

Tuesday Oct 11th Tuesday Oct 25th

Wednesday Nov 9th Wednesday Nov 23rd

Friday Dec 9th

Festival days

Sunday November 20th - Buddha's descent from Tushita

Friday December 23rd - Tsongkhapa Day

Lam Rim Buddhist Centre Wales

Saturday 10th September
10.00 – 5pm
Simply a Mindfulness Day
Co-ordinated by Dan Buys

Total cost £40 inclusive of Lunch & refreshments

Saturday October 1st
10.00 - 4.30
MASTERCLASS
with Ven. Geshé Damchö Yönten

THE THREE PRINCIPAL ASPECTS OF THE PATH

(1 of 3 Masterclasses for 2016/7)

Ven Geshe Damcho-la will be giving in-depth Teachings on the text The Three Principal Aspects of the Path by Lama Tsongkhapa (1357-1419)

The wish for freedom, the altruistic intention to be of ultimate benefit to others, and the wisdom realizing emptiness constitute the three principal aspects of the path to enlightenment. Together with Meditation & Group Discussion.

Total cost £45 inclusive of Lunch & refreshments. Plus an Offering Donation.

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Regular Weekly teachings

Sundays commencing 11th September
3.30 - 4.30pm

Ven. Geshe Damcho-la will start the Autumn Lam Rim Teachings Programme Followed by 4.45-5.45pm Review with Paul Kirby.

(There will be no Sunday Teachings on 2nd October ***

Offering Donation £5 incl refreshments.

Tuesdays commencing 20th September
11 – 12noon (1st & 3rd Tuesday of the month) with Ven Geshe Damcho-la
Offering Donation £5 incl refreshments.



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

Autumn 2016 Programme

The Centre for Whole Health offers Acupuncture, Counselling, Cranial Osteopathy, Homeopathy, Holistic Massage Therapy, Nutritional Therapy, Osteopathy, Reflexology, Reiki and Rolfing. 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
www.floatingwithlife.co.uk

Weekly Yoga with Caroline Reid

Tuesdays 10.00-11.30am

and Wednesdays 6.15-7.45pm.

Weekly, except some holidays - ffi: contact Caroline

Qualified and teaching 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, strength, support, vitality and an increasing sense of freedom.

Contact Caroline on ☎ 07570 507 494
caroline@carolinereidyoga.com
www.carolinereidyoga.com

Weekly Qigong with Jon Lee

Wednesday 2.00pm-3.15pm

A weekly exploration through exercises of body, energy and mind.

Based on the teaching of Zhixing Wang (Hua Gong).

For health and well-being.

For all levels of fitness and experience.

Ffi: Jon ☎ 07811 460326 or
jon@everydayacupuncture.co.uk
www.everydayacupuncture.co.uk

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

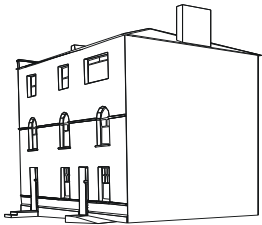
Qigong (Hua Gong)with Dario Gerchi

A style of Qigong well known for its powerful healing effects. Suitable

for all levels of experience or fitness.

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

Registered with the General Osteopath Council



O S T E O P A T H

Centre for Whole Health 12 Victoria Place Bedminster
Bristol BS3 3BP
Telephone 0117 923 1138
www.thecourtyardosteopaths.co.uk

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

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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