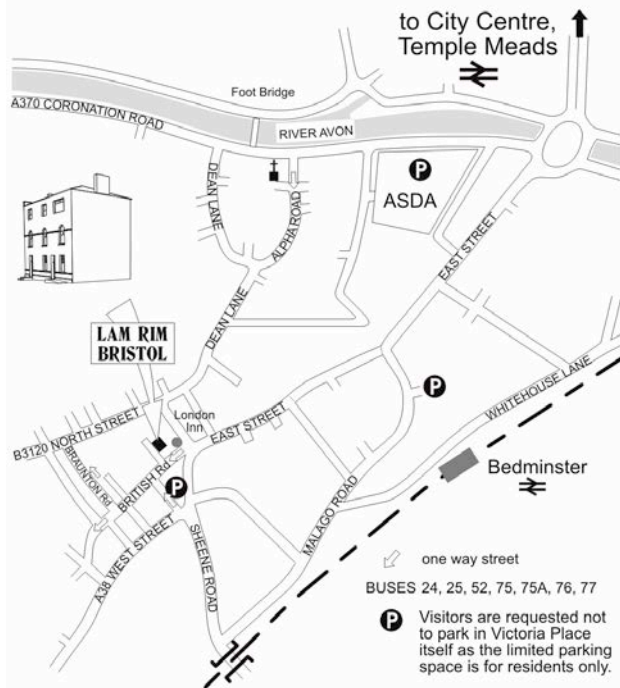




LAM RIM BRISTOL



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

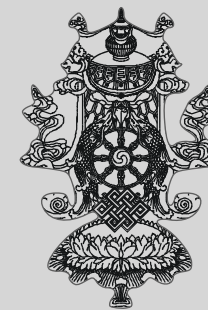
1988 LAM RIM BRISTOL 2015

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 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



Summer Programme

April to July 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

Summer 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

13 April to 21 July 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

Twice monthly
7.00 – 7.45pm

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

21 April; 5, 19 May; 9, 23 June; 7, 21 July.

Wednesday Evenings Silent Sitting Meditation

15 April - 22 July 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. Please arrive promptly.

Thursday Evenings Introduction to the Lam Rim

16 April – 23 July 7.30 – 9.00pm

Tsongkhapa collected all the Buddha's teachings into a logical sequence of reflections, or meditations. When practised correctly, each of these serves to calm our minds by dispelling views that would eventually lead us to lower states. After a short introductory discourse, the emphasis is on discussion and enquiry. Suitable for all.

Weekend Courses

Saturday April 25th
11.00 to 14.00

Introduction to Meditation workshop

(led by facilitators of the Monday basic meditation group)

Helping to develop a peaceful mind and a happy heart. Suitable to all.

Lunchtime - Bring vegetarian food to share.

Please check the website for updates on other weekend courses



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.



Lam Rim Teachings Sunday

Geshe Damcho Yonten 3.30 – 4.30

Followed by review 4.45 -5.30

Mar 29 April 12 19 26 May 31

June 7 14 21 28 July 5 12

Shantideva Teachings Tuesday

11 – 12 noon 1st & 3rd Tuesday

Geshe Damcho Yonten

April 7 21 May 19 June 2 16 July 7

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April 18 Saturday workshop

Walk the Walk with Sue 10-4.30

April 25 Saturday **New series**

Gentle Mindfulness with Dan 10- 5.00

May 16 Saturday workshop

Moving the QI with Jan 10- 4.30

June 2 Tues Anniversary of

Buddha's Birth & Enlightenment.

Offering Day

June 20 Saturday workshop

Singing the Song led Caroline 10-4 30

July 4 Saturday workshop

Gentle Mindfulness Day with Dan **new**

series

Lam Rim Buddhist Centre Wales Weekends

Saturday 13th June 9.45 – 4.30
MASTERCLASS
with Ven Geshe Damcho Yonten

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

RETREAT WEEKENDS

Easter Tara Retreat
Geshe Damcho Yonten
Fri April 3 – Sun April 5

May 23 Sat am – 25 B/H Mon
Silent Retreat –Geshe Damcho Yonten
Thought Transformation

Tsok Days

Tuesday 14 April	Thursday 11 June
Tuesday 28 April	Friday 26 June
Wednesday 13 May	Saturday 11 July
Thursday 28 May	Sunday 26 July

Festival days

Tuesday 2 June: Buddha's birth & enlightenment
Monday 20 July: Buddha's first teaching

Lam Rim (Wilts. & Glos.) Buddhists

Sitting Meditation classes

Thursdays 7:30pm – 9pm and
Mondays and Saturdays 9:30am to 11am
See Lam Rim (Wilts&Glos) web-site for

Saturday classes

with Geshe Lobsang Thinley 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



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

Summer 2015 Programme

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

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

April 14 - July 28

(except May 26th no class)

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

Ffi: Caroline: ☎ 07570 507494

carolinereidsinclair@hotmail.com

www.independentyoga.co.uk

Scaravelli Yoga with Caroline Lang

A series of monthly Monday morning workshops open to all.

11 May, 15 June, 13 July

Moving into stillness through yoga, deep rest and chanting.

carolinelangyoga@yahoo.com

www.CarolineLangYoga.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

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

Centre for Whole Health

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.

Saturdays

9May/18Jul

Weekend

24-25Oct

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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SCHOOL
of
SHIATSU



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

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& 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