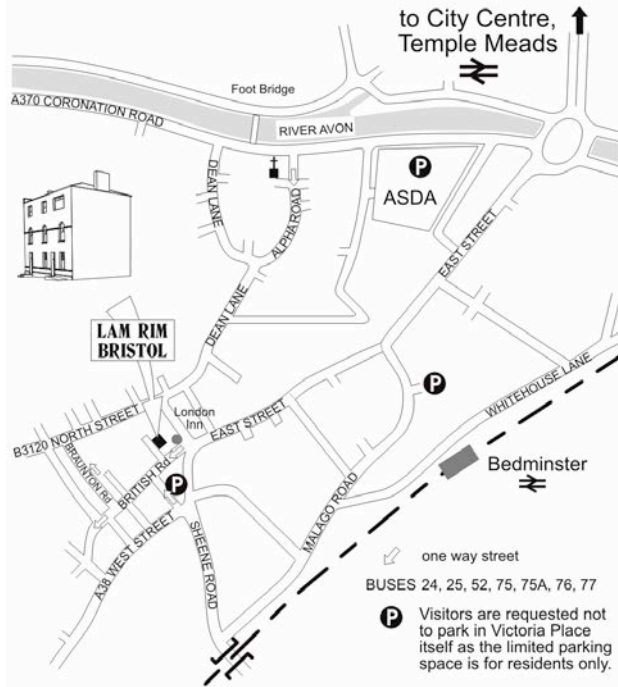




LAM RIM BRISTOL



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

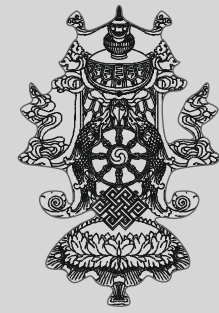
1988 LAM RIM BRISTOL 2017

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 over 30 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, Rolfing.

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.



LAM RIM BRISTOL BUDDHIST CENTRE



Summer Programme

April to July 2017

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 Rinpoche

Spiritual Director:
Ven. Geshé Damchö Yönten

Summer 2017 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

April 24th to July 24th 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

April 26th to July 26th 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 Training the Mind

April 27th to July 27th 7.30 – 9.00pm

We will be reviewing the "Seven Point Mind Training" written by Geshé Chekawa in the 12th century, using a commentary by Nam-kha Pel called "Mind Training Like the Rays of the Sun". Selected verses and commentaries from the text will be introduced each evening, followed by reflection and discussion. Suitable for all.

Weekend Courses

Saturday May 27th Meditation Day

Silent, unguided meditation sessions following the format of Wednesday evenings. There will be four 40 minute sessions every two hours, 10:00, 12:00 and 14:00, 16:00, with lunch at 13:00. Visitors are welcome to attend any number of sessions, but please arrive in between sessions so as not to cause a disturbance to others.

Saturday June 17th Touching the Void Geshé Graham Woodhouse 10.00 - 4.00

Buddha taught that our views of ourselves, others and objects are not in accordance with the way they really are. It is holding this distorted view of things that causes us suffering. Geshé Graham will be teaching on the later chapters from Nagarjuna's Wisdom Stanzas including the chapter on emptiness of self/person.

Born in England in 1952, Graham Woodhouse received full ordination as a Buddhist monk in the Tibetan tradition from His Holiness the Dalai Lama in 1994. He studied for seventeen years at the Institute of Buddhist Dialectics in Dharamsala and received his geshe degree from Drepung Loseling Monastery in 2006.



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 will give teachings:

Sundays 3.30 - 4.30

Liberation in the Palm of Your Hand

May: 7th, 14th & 21st; June 4th, 18th & 25th
July 2nd

Tuesdays 11.00 - 12.00

Shantideva

May 9th & 23rd; June 6th & 20th; July 4th

Saturday 10th June – Masterclass: Three Principal Aspects of the Path - Lama Tsong Khapa With Ven. Geshe Damcho Yonten

- 10.00 am - 4.30 pm
- Cost £45 (inc. lunch and refreshments)



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

Tsok Days

Friday 5 May
Saturday 21 May
Sunday 4 June
Monday 19 June
Monday 3 July
Tuesday 18 July

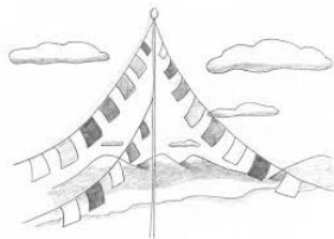
Festival Days

Friday 9 June Buddha's Birth, Death and Enlightenment
Thursday 27 July - Buddha's First Teaching

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
12 Victoria Place
Bedminster, BS3 3BP
☎ 0117 923 1138

Summer 2017 Programme

The Centre for Whole Health offers Acupuncture, Counselling, Cranial Osteopathy, Homeopathy, Holistic Massage Therapy, Nutritional Therapy, Osteopathy, Psychotherapy, 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: 6.00pm – 9.00pm
18.00 – 19.15 – Beginners tai chi (Pre-booking essential)
19.30 – 21.00 – Intermediates tai chi (Drop-in)
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 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

Postnatal Yoga for Mum & Baby with Jessica Adams

Tuesdays 1.30pm to 2.45pm
A safe, relaxed and nurturing space in which to explore your postnatal body through breath and movement, gradually building strength, pelvic health and resilience for the mothering years. Babies are integrated in a sensitive and joyful way.
Contact Jessica 07818 407 796 jessica@yoja.co.uk
www.yoja.co.uk

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

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



OSTEOPATH

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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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