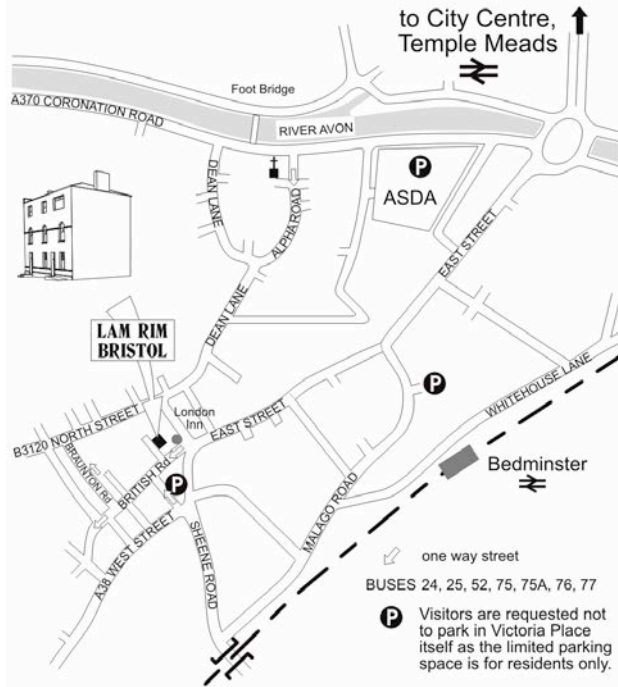




LAM RIM BRISTOL



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

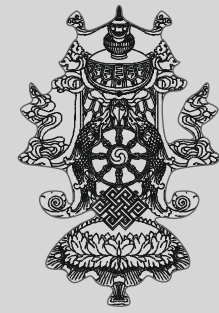
1988 LAM RIM BRISTOL 2017

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 which have been under the guidance of our late spiritual director, Ven. Geshe Damcho Yonten from Drepung Loseling Monastery. Geshe-la was a Lharampa Geshe who taught in this country for nearly 40 years. He recently passed away peacefully at his home in Lam Rim Buddhist Centre in Wales. We remain deeply indebted to him for his teaching and guidance over our centre's lifetime.

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

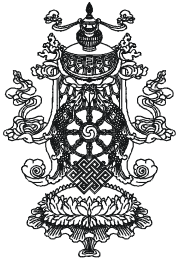


Autumn Programme September to December 2017

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

Autumn 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

4 September - 11 December
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

6 September - 13 December
7.30 - 8.15pm

A silent, unguided sitting meditation of about 45 minutes. Suitable for those with prior experience. These sessions may not always go ahead, so please check with mike@lamrim.org.uk to avoid disappointment.

Thursday Evenings The Noble Eightfold Path

7 September — 14 December
7.30 — 9.00pm

These evenings will address various aspects of the Buddha's teachings from the perspective of the Eightfold Path. Through looking at the various 'right' actions of body, speech and mind, we will be covering topics such as the nature of our existence, death and impermanence, karma, rebirth, love and compassion, interdependence and emptiness. A short discourse will be followed by reflection and discussion with plenty of opportunity to ask questions. Suitable for all.

Weekend Courses

At the time of going to press there are no weekend courses scheduled. Please check the website for updates.

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

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



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/
Lam Rim Wales teaching programme is currently suspended. We will notify you of any changes on our website.



It is with great sadness that we inform you that our Spiritual Director, Ven Geshé Damchö Yönten, passed away on the evening of Saturday 26 August at his home in Lam Rim Buddhist centre Wales. Before he passed, Geshe-la asked us not to be sad reminding us that as we are born, each one of us will die. This is the nature of life. Geshe la remained in good spirits during the last weeks of his illness continuing to be an extraordinary example to us all.

We have heartfelt gratitude to Geshé-la for his teachings and guidance over many years. He inspired the establishment of the Lam Rim Bristol Buddhist Centre - purchased nearly 30 years ago. He gave his first teaching at Lam Rim Bristol Centre in March 1989.

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

Friday 15 September
Saturday 30 September
Saturday 14 October
Monday 30 October
Monday 13 November
Tuesday 28 November
Tuesday 12 December

Festival days

Friday 10 November: Buddha's descent
from Tushita
Tuesday 12 December: Lama Tsongkhapa
Day



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

Autumn 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

On Tuesdays from 6:00pm to 9:00pm
6:00pm to 7:15pm - Beginners level t'ai chi
(Pre-booking essential)
7:30pm to 9:00pm - Intermediate level tai chi

Yang style t'ai chi in the lineage of Cheng Man Ching via Alan Peck, John Kells and Dr Chi Chiang-Tao.
Qualified senior instructors covering all aspects of the t'ai chi syllabus.

Fifi: 07783 546062
naturalwaytaichi@gmail.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 Osteopathy 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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shiatsubss@blueyonder.co.uk
www.shiatsubristol.co.uk

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holistic massage
& reflexology

Sophie Paine MTIMAR IIR
The Centre of Whole Health, Bristol
0117 923 1138 / 07903 650998

wisebodies.com

Bristol Acupuncture Practice



Deb Heberlet
MSc, LicAc, MBAC

Al Hessari
BSc, LicAc, MBAC

0117 963 9813

info@bristolacupuncturepractice.co.uk