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LAM RIM BRISTOL

2012

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. Ven. Geshe Lobsang Thinley (also a Lharampa Geshe from Drepung Loseling) is resident in Bristol and teaches regularly on Tuesday evenings. Both Geshe 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, Chinese Herbal Medicine, Counselling, Cranial Osteopathy, Homœopathy, Holistic Massage, Kinesiology, Osteopathy, Reiki.

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.

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.



### Lam Rim Bristol Programmes

These come out three times a year covering Spring, Summer and Autumn.

### Email List

To be put on the Centre's email list, please send your email address to [mike@lamrim.org.uk](mailto:mike@lamrim.org.uk)

### Lam Rim Bristol Trust

Registered Charity no. 294470



## LAM RIM BRISTOL BUDDHIST CENTRE



## Spring Programme January – April 2012

- ✿ *Buddhism & 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

*Patrons:*

**Kyabje Rinpoche  
Kyabje Rinpoche  
Khensur Denma Lochö Rinpoche**

*Spiritual Director:*

**Ven. Geshé Damchö Yönten**

*Resident Teacher:*

**Ven. Geshé Lobsang Thinley**

### Spring 2012 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.

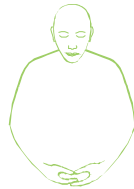
At weekends, a light lunch is normally available but you are welcome to bring your own food.

### Monday Evenings

#### Basic Meditation

9 January – 26 March  
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.



“Banish the one to blame for everything,  
Meditate on the great kindness of all beings.”

(Geshé Chekawa, from *Seven Point Mind Training*)

### Tuesday Evenings

#### Tara Puja

10 January – 27 March  
7.00 – 7.45pm

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

From the end of January, puja will be followed by:



#### Lam Rim Chenmo

with **Ven. Geshé Lobsang Thinley**

31 January – 27 March  
7.45 – 9.00pm

The Great Stages of the Path, compiled by Lama Tsongkhapa, is a logical progression of meditations that encompass all the teachings of the Buddha. **Geshé Thinley** will be teaching from the Higher Scope section of this text – the path of the Bodhisattva. He teaches informally, leaving time for questions. Suitable for all.

(Note: Geshé Thinley will be in India until 28 January)



### Thursday Evenings

#### Training the Mind

12 January – 29 March  
7.30 – 9.00pm

We will be reviewing the “*Seven Point Mind Training*” written by Geshé Chekawa in the 12<sup>th</sup> 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.

We are joined by **Ven. Geshé Lobsang Thinley** and, until mid-February, **Ven. Geshé Konchok Wangdu**, Suitable for all.



### Visit of His Holiness the Dalai Lama to the UK, June 2012



We are awaiting the announcement in January of a visit by His Holiness the Dalai Lama to the UK in June 2012. Details are not yet clear, but it is expected that he will be giving teachings in Manchester Arena on 17/18 June. Tickets will not be available until at least mid-March.

### Weekend Courses

We have not yet arranged a weekend course for this programme, but we may insert one at a later date.

### Tsog Days

The following are Tsog Days during this programme

Wednesday 18 Jan	Thursday 2 Feb
Thursday 16 Feb	Saturday 3 Mar
Saturday 17 Mar	Monday 2 Apr

Festival Day: Saturday 25 March – Buddha’s Day of Miracles.

### Lam Rim (Wilts. & Glos.) Buddhists

#### Lam Rim Meditation

Saturdays 5.00 - 6.30pm

**Ven. Geshé Lobsang Thinley** is teaching from Shantideva’s *Bodhicaryavatara*.

#### Basic Guided Meditation

Thursdays, 7.30 - 9.00pm

Simple guided meditations. Suitable for all.

#### Other Events

Please visit <http://www.lamrimwg.org.uk>

For further information, ☎ 01249 701941

## 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.

(Lifts may be available from Bristol, and Wilts. & Glos. group)

(Programme not available at time of printing. Please visit [www.lamrim.org.uk/wales](http://www.lamrim.org.uk/wales))



## The Coach House

3 self-contained apartments for long term retreats, study periods or holiday.



## LAM RIM BRISTOL Centre for Whole Health

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

### Spring 2012 Programme

The Centre for Whole Health offers Acupuncture, Chinese Herbal Medicine, Counselling, Cranial Osteopathy, Homœopathy, Holistic Massage Therapy, Kinesiology, Manual Lymphatic Drainage (MLD), Osteopathy, Reflexology, Reiki. It is open weekdays from 9.15am-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.

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### Ongoing day courses

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#### Middle Way Tai Chi School

Monday: 6.30pm – 8.00pm

Wednesday, Thursday: 6.30pm – 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](http://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](mailto:naturalwaytaichi@googlemail.com)

[www.naturalwaytaichi.co.uk](http://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](mailto:sarah@flowingwithlife.co.uk)

#### Yoga with Caroline Lang

Mondays 11.00am – 1.00pm

Lovely classes in Scaravelli-influenced yoga suitable for those with an ongoing practice as well as beginners. Lots of individual support and opportunity to work deeply.

Ffi: Caroline: ☎ 01803 865252

[callyogini@yahoo.com](mailto:callyogini@yahoo.com)

#### 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. (Please phone reception to confirm each meeting.)

Ffi, reception: ☎ 0117 923 1138

[www.lamrim.org.uk/bristol/btg\\_info.html](http://www.lamrim.org.uk/bristol/btg_info.html)

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### Ongoing weekend courses

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#### 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

[sbiatsubss@blueyonder.co.uk](mailto:sbiatsubss@blueyonder.co.uk) & [www.sbiatsubristol.co.uk](http://www.sbiatsubristol.co.uk)

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### Courses, classes and talks

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#### 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.

Wednesdays:

18 Jan – 8 Feb, 7 Mar – 11 Apr, 2 May – 23 May, 2:45 – 4:00

Weekends:

24-25 Mar, 14-15 Jul, 10-11 Nov, 10:30am – 5:00pm

Ffi: Dario ☎ 01749 812822

[www.qigongdario.com](http://www.qigongdario.com)

[dario@gn.apc.org](mailto:dario@gn.apc.org)

#### Yoga Workshop

with Bill Wood

Sunday 4 March, 10.30am – 5.00pm

In Service Training day for the Bristol Teacher Training Group (2009-2011)

[bill@billwoodyoga.co.uk](mailto:bill@billwoodyoga.co.uk)

[www.billwoodyoga.co.uk](http://www.billwoodyoga.co.uk)



**COUNSELLING**  
at the  
**Centre for Whole Health**

Annie Robinson, MA, Dip. Coun.  
Janie Dickson, C.Q.S.W., Dip. Coun.  
Arieh David Kronenberg, BA, PG Dip Coun.

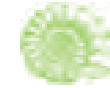
All members of B.A.C.P.

We offer a wide range of professional and  
confidential counselling expertise.

Day or evening, short or longer term work

For further information: 0117 9231138

JENI BRIGGS DO  
ANNASTASIA FRASER Bost  
TOM KILNER Bost & DO  
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

**BRISTOL SCHOOL of SHIATSU** in Bristol  
3 Weekend Foundation Courses  
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3 Year Professional Training  
For a prospectus and course programme, please contact:  
PO Box 419, Bridgwater TA6 9ES  
Tel/Fax: 0844 3350573  
shiatsubss@blueyonder.co.uk  
www.shiatsubristol.co.uk

wise bodies  
holistic massage & reflexology  
Sophie Paine HTI, MSc, RHT  
The Centre for Whole Health, Bristol  
0117 923 1138 / 07905 65099K  
www.wisebodies.com

Gail Lambourne  
KF Assoc.  
Kinesiology  
Telephone 0117 966 7227

**MAIN HALL FOR HIRE**  
Some weekend and weekday space still available.  
Therapy rooms also available.  
Telephone reception on  
0117 9231138

**Bristol Acupuncture Practice**  
Deb Heberlet  
MSc, LicAc, MBAcC  
0117 963 9813  
info@bristolacupuncturepractice.co.uk  
www.bristolacupuncturepractice.co.uk