

# Lam Rim Bristol Buddhist Group

The Lam Rim Bristol Trust have recently acquired a large building in Bedminster as a permanent Centre. The Spiritual Director is the Venerable Geshe Damcho Yonten, who is also Director of the Lam Rim Buddhist Centre in Wales. Geshe Damcho Yonten came to Britain in 1976 and has been teaching in Bristol since 1982. The teachings followed are those of the Gelug-pa School - one of the four main lineages of Tibetan Buddhism. Anyone is welcome to come to the meetings.

On the ground and first floors of Victoria Place, the Lam Rim Bristol Trust has developed THE CENTRE FOR WHOLE HEALTH. This provides natural ways to health in the setting of a Buddhist Centre. The Centre for Whole Health has consulting rooms for practitioners of complementary medicine and also runs courses and workshops. Further details and a programme of events is available from reception.



## FEES

Dharma teachings are given freely, but these are the requested contributions towards the overheads and running of the Centre

Evening classes:           £2, £1 low income  
Weekend courses:       £15, £10 low income

People wishing to attend weekend courses are requested to book in advance with David on Bristol 669860

For further information:

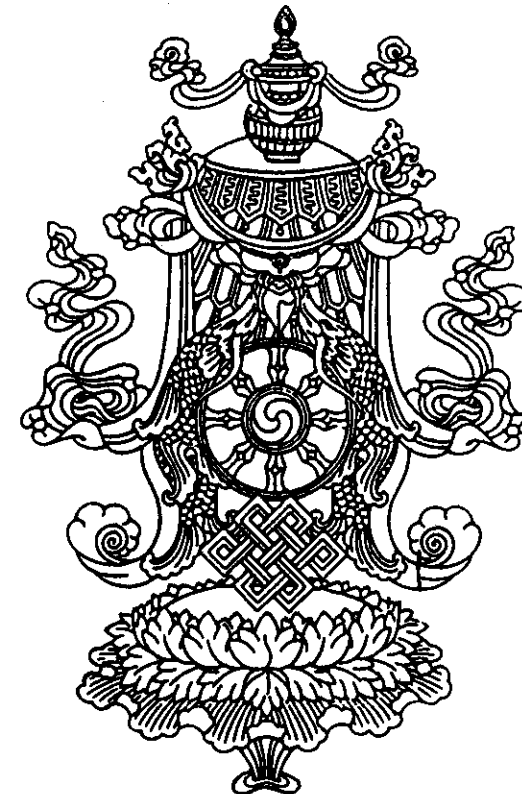
LAM RIM BRISTOL BUDDHIST CENTRE, 12 Victoria Place  
Bedminster, Bristol BS3 3BP

Registered Charity No. 294470

# LAM RIM BRISTOL

SPIRITUAL DIRECTOR, THE VENERABLE GESHE DAMCHO YONTEN

## Buddhist Centre

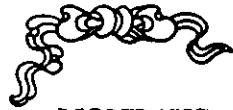


## PROGRAMME - Spring 1989

12 Victoria Place, Bedminster, Bristol, BS3 3BP

TEL: 0272 231138

## SPRING PROGRAMME



### MONDAYS

7.30 p.m. Meditation class led by students of Geshe Damcho Yonten

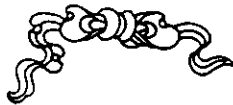
### TUESDAYS

7.00 p.m. Tara Puja  
Every third Tuesday, Tara visualisation and meditation led by Rob Preece

From March onwards, Geshe Damcho Yonten will resume his commentary to Pabongka's "Liberation in the Palm of your Hand", on the 2nd and 4th Tuesdays of the month

### THURSDAYS

7.30 p.m. Study of Shantideva's "Guide to the Bodhisattva's Way of Life" - Rob Preece



### OTHER EVENTS

Lama Chö Pa Puja (Tsog offering)

7.00 p.m. On the 10th and 25th day of the Tibetan month

16th January                      1st February  
Further dates to be announced later



## WEEKEND COURSES

February 4/5  
Sat: 10-5; Sun: 10-1

**FREEING THE ENERGY BOUND BY EMOTIONS**  
with Rob Preece

This weekend will look at the way in which emotional afflictions and karmic patterns trap us in our lives limiting and restricting our growth and spiritual potential.

Rob Preece has been a Buddhist for many years and has spent a number of years in India, both studying and in retreat. He has a background in Jungian and Transpersonal psychology and practises as a psycho-therapist in Bristol and London. He also is a thangka painter.

March 18/19  
Sat: 10-4; Sun: 10-1

**MORAL DILEMMAS--EXPLORATIONS IN PRACTICAL MORALITY**  
with Paul Williams

A course combining relaxation and calming meditation with discussion of the application of Buddhist precepts in practical moral situations. The emphasis will be on exploration and discussion on topics of interest to participants.

Dr Paul Williams lectures in Indio-Tibetan studies at Bristol University. He is also the author of "Mahayana Buddhism - the doctrinal foundations"



PLEASE NOTE: All meetings will now take place at Victoria Place