



THE BRISTOL CHAN GROUP (WCF)
(Chinese Zen)
invites you to a sitting day



“Serene Reflection Meditation”
Led by Revd. Myfanwy

Revd. Myfanwy is ordained in the Order of Buddhist Contemplatives and is based at Exeter Buddhist Priory. The OBC, based at Throssel Hole Priory, is a Soto Zen organisation and their practice of Serene Reflection Meditation is broadly similar to the Chan Silent Illumination.

On Saturday 8th November 2008, 10:00 am – 5:00 pm
at the Coach House,
40A Eastfield, Westbury-on-Trym, Bristol, BS9 4BE

Cost £20. (A limited number of bursaries are available on application for low waged and unwaged)
Please bring lunch to share, a cushion, mat or blanket or whatever you like to sit on.

If you would like to come, please contact:
bookings@bristolchan.co.uk or phone 01749 676248
Other enquiries to enquiries@bristolchan.co.uk 0117 924 8819

Dharma Study Group

Alysun Jones is continuing to run a Dharma Discussion Group.

The next set of meetings will NOT be at her house in Winscombe but at Winterhead Hill Farm, the home of John Crook and the centre for [Personal Retreats](#).

There will be three meetings in this new series on Sunday afternoons between about 2:30pm and 4:30pm, exploring the writings of **Dogen**. The dates are :

Sunday 9th November : Rules for Zazen and Guidelines for Studying the Way

Sunday 7th December : Genjo Koan

Sunday 11th January : Genjo Koan

Please contact Alysun (01934 842017) if you are interested in joining the group. She will then give you directions should you need them.