

# Mindfulness Here and Now

Saturday 14<sup>th</sup> June 2014 ~ Gillis Centre, 100 Strathearn Road, Edinburgh

## A Day of Mindfulness

Guided by Buddhist Monastic Br Chan Phap Vu

### Booking Form



Name:

Address:

Phone:

Email:

Dietary/  
Mobility  
Needs:

A limited number of £25 bursary tickets are available. If you would like to apply for one please tick here and briefly describe your circumstances overleaf.

☐

Please return with a cheque for £33 or £25 payable to “*Edinburgh Interbeing Sangha*” to Roger Hyam, 91/2 Marchmont Road, Edinburgh, EH9 1HB. Enquiries to [roger@hyam.net](mailto:roger@hyam.net) or 07590608016

Alternatively book online at <http://mindfulness-day.eventbrite.co.uk>