

Mindfulness Here and Now

Saturday 14th June 2014 ~ Gillis Centre, 100 Strathearn Road, Edinburgh

A Day of Mindfulness

Guided by Buddhist Monastic Br Chan Phap Vu

"Letting go gives us freedom and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety or possessions - we cannot be free."

Thích Nhất Hạnh



The **Wild Geese Sangha** and its brothers and sisters in **Wake Up Edinburgh** warmly invite you to join us on our mindfulness day on Saturday, 14th June, at the Edinburgh Gillis Centre guided by Buddhist Monastic Br Chan Phap Vu who is visiting from the Blue Cliff Monastery in New York state.

Mindfulness is an inherent quality within every human being. With the Buddha's teachings on mindfulness we find that freedom is possible not in the future but in the present moment. *"Letting go gives us freedom and freedom is the only condition for happiness"*. The only obstacle is our own mind.

Beginning at 10am and finishing at 5pm the day will include sitting and walking meditation. There will be discussion, sharing and a question and answer session. The Brother will give a talk on how to integrate mindfulness into our daily lives.

Mindfulness can be practiced by those of any faith or none. Prior experience of meditation is not required as guidance will be given.

Having enjoyed the atmosphere of practice within a group many people have chosen to bring more mindfulness into their daily lives.

Cost: £33.00 ~ includes a vegetarian lunch, teas & coffee in breaks. A limited number of bursary tickets are available at £25. Please contact us for details.

More info: <http://edwildgeese.wordpress.com> or contact Pete on petergisnow@gmail.com or Roger on 07590608016

Advanced booking is required. Please either:

- Go online at <http://mindfulness-day.eventbrite.co.uk> (small booking fee)
- Send a cheque for the full amount payable to "Edinburgh Interbeing Sangha" to Roger Hyam, 91/2 Marchmont Road, Edinburgh, EH9 1HB including your name and contact details (email and/or phone number)