

"We walk just for walking. We walk with freedom and solidarity.
No longer in a hurry. Let us enjoy every step we make."

- Thich Nhat Hanh

MINDFUL WALKING MEDITATION IN GEORGE SQUARE

Join us for a free mindful walking meditation in the heart of Edinburgh, to help us return to the present moment and reconnect with nature.

8.25 AM TO 9AM

Every Tuesday & Thursday starting in May

MEET AT GEORGE SQUARE LABYRINTH

