



## **A Day of Mindfulness: 'How to Feel Safe!'**

**With the Edinburgh Wild Geese Sangha**

*Gentle Zen practice in the Plum Village Tradition*

**Saturday 14 September 2024**

**10am – 4pm**

*(Please arrive from around 09:45 for a 10am start)*

How can we feel safe enough to enjoy life in such a scary world?

What is the right balance between the security of safety and the excitement and adventure of risk?

We will explore this theme together using guided meditation, walking meditation, visualisation, group exercises and sharing.

We will then enjoy some deep relaxation.

Please bring some plant-based food to share for lunch.

St. Mark's Unitarian Church, 7 Castle Terrace, Edinburgh, EH1 2DP

This practice is open to everyone, of all faiths and none.

For further details or to contact us, please visit our website: [wildgeesezen.org](http://wildgeesezen.org)