



# Nourishing our Compassion

## A Day of Mindfulness

With The Wild Geese Sangha of Edinburgh  
Gentle Zen practice in the Plum Village tradition

Saturday 19th October

10am-4pm

(please arrive around 9:45)

Come and enjoy a day immersed in mindfulness as we nourish our compassion. We will sit, walk, rest and eat together in stillness and friendship, generating peaceful, healing energy for the benefit of ourselves, our families and for the world.

Open to everyone, of all faiths and none.

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

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

For further details or to contact us, please visit our website

[wildgeesezen.org](http://wildgeesezen.org)