



## **A Day of Mindfulness: 'Seeds'**

**With the Edinburgh Wild Geese Sangha**

*Gentle Zen practice in the Plum Village Tradition*

**Saturday 1 February 2025**

**10am – 3:30pm**

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

Come join us on the 1st of February for a day of mindfulness.

We will reflect on seeds - those still resting in the ground and those within us, holding both uncertainty and potential. Together, we'll embrace this space of not knowing, nurturing, patience and growth.

Bring some real seeds if you have any tucked away somewhere.

**Please also 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)