

Reverence for Life



A Day of Mindfulness with The Wild Geese Sangha of Edinburgh

Gentle Zen practice in the Plum Village
tradition

Saturday 1st March

10-4

(Please arrive from around 9:45 for a 10am start)

Come and enjoy a day immersed in mindfulness. We will contemplate the first mindfulness training, "Reverence for Life", and, as always, we will sit, walk, rest and eat together in stillness and friendship.

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