

Cultivating Peace



A Day of Mindfulness
with
The Wild Geese Sangha of
Edinburgh
Gentle Zen practice in the Plum Village
tradition

Saturday 3rd May
10-4

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

Come and enjoy a day immersed in mindfulness as we cultivate our innate capacity for living a peaceful life. 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