

Non-Dualism: A Day of Mindfulness

with The Wild Geese Sangha of Edinburgh

Gentle Zen practice in the Plum Village tradition



Saturday 1st
November

10-4

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

In an increasingly divided and fractious society, we will give ourselves time to come together in order to nurture our capacity to see beyond dualistic and discriminative thinking. We will cultivate true connection, inclusiveness and peace for the benefit of ourselves, our families and for the world.

We will sit, walk, rest and eat together in stillness and friendship,
generating peaceful, healing energy
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