

Boundless Compassion - Avalokiteshvara

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

Saturday 6th December 10-4



At this special time of year we will take time together - in the heart of the city - to come back to the present moment. We will develop our capacity to listen to ourselves and to those around us with true presence in order to cultivate peace, happiness and the capacity of boundless compassion that is embodied by the bodhisattva Avalokiteshvara.

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