

Freedom and Compassion

A Day of Mindfulness with The Wild Geese Sangha of Edinburgh

- Gentle Zen practice in the Plum Village tradition -



Saturday 7th February

arrive from 9:45 for 10am - 4pm

Please note that we are meeting in a **different venue** to usual - the pétanque/bowling club in the south-eastern corner of Inverleith Park (almost opposite the main entrance to the Botanics).

7 Arboretum Place, Edinburgh, EH3 5NY

What3Words: Radio.Income.Dare

Take a whole day to practice mindfulness in the company of friends old and new. We will explore the Buddhist teachings on freedom - learning to live with true autonomy and to develop our capacity for compassion towards ourselves and others.

Open to everyone, of all faiths and none. Please bring some plant-based food to share for lunch.

For further details or to contact us, please visit our website

wildgeesez Zen.org