



A Day of Mindfulness: 'Right Diligence'

With the Edinburgh Wild Geese Sangha

Gentle Zen practice in the Plum Village Tradition

Saturday 7 March 2026

10am – 4pm

(Please arrive from around 09:45 for a 10am start)

Thay's teachings on the 'Four Right Efforts' are a very clear way to encourage wholesome states of mind to arise and be sustained.

Let's explore together how to best put them into practice and how to practice consistently in these challenging times.

The day will include guided meditation, walking meditation, recordings readings, group sharing and a potluck lunch.

Please bring some plant-based food to share for lunch.

St. Mark's Unitarian Church, 7 Castle Terrace, Edinburgh, EH1 2DP

This practice is open to everyone, of all faiths and none.

For further details or to contact us, please visit our website: wildgeesezen.org