

Making Connections

- A Day of Mindfulness with The Wild Geese Sangha of Edinburgh

Gentle Zen practice in the Plum Village tradition

Saturday 4th July 9:45 am - 4 pm

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

We will spend the day focusing on making connections with our bodies, each other and the Earth. We will enjoy body scans, guided meditations, earth touching and sharing. Together we will explore the true meaning of Interbeing.

Open to everyone - of all faiths and none. Please bring some plant-based food to share for a pot-luck 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



Beautiful smiles from our monastic siblings - please note that this will, as usual, be a lay community event.

