



‘Smile - Release’

The art of letting go

With the Edinburgh Wild Geese Sangha

Gentle Zen practice in the Plum Village Tradition

Saturday 5th September 2026

10am – 4pm

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

Whether it's clutter, tension, habits, views and hurts or the four notions there are so many ways in which letting go can enhance our well being.

We'll share our experiences of letting go: What's been easy and what's been harder? What can be released quickly and what takes time? Which forms of release have had the most beneficial effect?

The day will include meditation, readings from Thay's books, group sharing, deep relaxation 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