Enjoying a Mindful Christmas

~ A Day of Mindfulness with The Wild Geese Sangha

Gentle Zen practice in the Plum Village tradition



Saturday 5th December 9:45 am ~ 4 pm

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

Amidst the business of the season, an opportunity to pause and to recover our innate capacity for stability with the support of sangha friends. We will share together the joys and the challenges of the Christmas season, explore the art of mindful giving and allow ourselves to fully rest with a period of deep relaxation. Please bring a contribution to a shared vegan Christmas lunch. Mince pies will be provided!

Open to everyone ~ of all faiths and none. No previous meditation experience necessary.

St Mark's Unitarian Church, 7 Castle Terrace, Edinburgh EH1 2DP
For further details or to contact us, please visit our website
wildgeesezen.org