



An Evening for the Miracle of Mindfulness: Nourishing Happiness

This is a rare opportunity to spend an evening with four monastics (two nuns and two monks) who have dedicated their lives to practicing Mindfulness in the tradition of **Zen Master Thich Nhat Hanh**. There will be a talk, mindfulness exercises and an opportunity for questions and answers.



Jon Kabat-Zinn said of *The Miracle of Mindfulness*: "The first book to awaken a mainstream readership to the subject of mindfulness – a testimony to the power of Thich Nhat Hanh's elegant and profound teaching."

Martin Luther King Jr said of Thich Nhat Hanh: "I do not personally know of anyone more worthy of [the Nobel Peace Prize] than this gentle monk from Vietnam. His ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity"

This evening is unmissable for those interested in finding peace in themselves and peace in the world through the practice of Mindfulness whether in a secular or religious context.

Please join us on **Wednesday 30 August 2017** at St. Marks Unitarian Church, Castle Terrace, Edinburgh between 7:30 and 9pm. Admission free but we would welcome a donation (suggested £5 - £10) to cover costs. You can just turn up but to be sure of a place reserve a ticket on our website: www.wildgeesezen.org

Organised by the Wild Geese Sangha - who have been sharing this gentle Zen Buddhist Mindfulness practice in Edinburgh for more than two decades.



Community of Interbeing

Mindful living in the UK