

A Day of Mindfulness: 'Sangha as a Refuge'



With the Edinburgh Wild Geese Sangha
Gentle Zen practice in the Plum Village Tradition

Saturday 16 March 2024

10am – 4pm

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

We will enjoy the collective energy of the sangha and explore together five aspects of sangha which contribute to it to being a refuge:

Being safe, being seen, being heard, being held and being here.

The day will include guided meditation, walking meditation, readings, a mindful lunch, deep relaxation and sharing in groups.

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.