



A Day of Mindfulness
“Cultivating Happiness”
with The Wild Geese Sangha of Edinburgh
Gentle Zen practice in the Plum Village tradition

Saturday 4th May 2024 from 10-3
(please arrive from 9:30 so that we can begin promptly at 10)

Come and enjoy a day immersed in mindfulness. We will sit, walk, rest and eat together in stillness and friendship, generating peaceful, healing energy for the benefit of ourselves, our families and for the world.

Open to everyone, of all faiths and none.

Please bring some plant-based food to share for 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