

Sunday 19 June 2016

Mindful Peace Walk



Venue: Lauriston Castle,
2 Cramond Road South,
Edinburgh. EH4 6AD.

Time: 12 noon.

Gather in front of Lauriston Castle
for 12 noon.

Cost: Admission Free.

Just come along on the day.

For further information:

Contact: Neill Walker,

mesp2016@hotmail.com, 0131 331 4469.

Organisers: Jointly organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC038996, and the Edinburgh Sangha of the Community of Interbeing.

Saturday 25 – Sunday 26 June 2016

2-Day Mindfulness Retreat: The Peace of Nature in the Heart of the City



Facilitators: **Fay Adams** and **Gareth Williams**.

Venue: Water of Leith Visitor Centre,
24 Lanark Road, Edinburgh. EH14 1TQ.

Time: Registration: 9.30am-10am.

Retreat Days: 10am-5pm.

Cost: £100/£80 (Concessions).

For a Registration Form:

Contact: Neill Walker,

mesp2016@hotmail.com, 0131 331 4469.