



A Residential Retreat with Br Phap Vu June 7th to 10th. At Wiston Lodge Nr Biggar, South Lanarkshire

You are warmly invited to join us at our summer retreat from June 7th to June 10th 2018, guided by Brother Phap Vu in the Zen Buddhist tradition of Thich Nhat Hanh. We will gather as a Sangha of all ages to support our practice of Mindfulness. Together we will be seeking positive ways of living and working with the difficulties and challenges that manifest in our lives.

We will look deeply at our lives, and the world we live in and will practice “Active Hope” which is waking up to the beauty of life on whose behalf we can act.

Wiston Lodge with its extensive grounds and natural environment, merging upwards to Tinto Hill, gives us the opportunity to deepen our awareness of Interbeing with Nature and with one another. The doors are wide open for all our friends and we hope that everyone young and old will feel nourished and enriched through the explorations of the practice.

For more information contact:

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The UK Community of Interbeing is the network of people who practise and mindful living according to the teachings of Zen Master, Thich Nhat Hanh.

Web site: <http://interbeing.org>

