



Two Feet, One Mind



Royal
Botanic Garden
Edinburgh

A contemplative walking workshop

We know that spending time in beautiful green spaces is good for our mental and physical wellbeing but there are things we can do to make the most of this precious time and spread the effects into the rest of our lives.

This two hour workshop will introduce techniques for mindfully engaging with the environment. It is held 'on the hoof' in the botanics after closing time. It is suitable for absolute beginners or people with some experience of meditation. The workshops are designed to be free-standing but with the intention that you may like to do them multiple times.

Tutor: *Roger Hyam* PhD trained as a botanist but currently focuses on digital information at the Botanics. For the last twenty years he has been a mindfulness meditation practitioner. He has a postgraduate certificate in secular mindfulness based techniques from Bangor University and has been ordained as a lay member of the Order of Interbeing - the order founded by Vietnamese Zen master Thich Nhat Hanh. Email: r.hyam@rbge.org.uk

Tuesdays: 6pm to 8pm
12th & 26th April 2016
10th & 24th May 2016

Cost: £15

Location: Royal
Botanic Garden
Edinburgh. Meeting at
20a Inverleith Row.

Booking required:
RBGE Education Dept.
0131 248 2937





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