

Peace Walk



Peace Walk with Thich Nhat Hanh

Thich Nhat Hanh will lead a public walking meditation through the heart of London on Saturday 31 March starting in Trafalgar Square at 2.30pm. This is a free event and everyone is warmly invited to join in this celebration of peace within us and around us.

Walking meditation is one of the ways to contemplate peace. We invite you to walk together in silence, generating the energy of peace, solidity, and freedom.

Before the Peace Walk, you are invited to participate in a sitting meditation guided by Thich Nhat Hanh in Trafalgar Square. *You may like to bring something to sit on which can be light to carry during the Peace Walk (It may be a good idea for this to be waterproof). You are welcome to sit on the benches and steps in Trafalgar Square.*

Schedule:

2:30pm- Gather in Trafalgar Square

3pm- Thich Nhat Hanh guides sitting meditation and introduces walking meditation in Trafalgar Square

4pm to 5pm- Peace Walk into St. James Park (route to be confirmed).

For information on getting to Trafalgar Square click [here](#).

This is a walk open to everyone, all ages, from every path, experienced or not. We kindly ask for there to be no display of any banners or signs, nor giving out of flyers during the Peace Walk.

RSVP to Facebook event invitation [here](#)

“There is no walk for peace; peace is the walk. By walking, we generate peace within our body, our consciousness. We embrace and heal the pain, the sorrow, the fear in us, and that is the ground for helping peace to be a reality in the world.”Thich Nhat Hanh

Read more: <http://www.mindfulnessretreats.org.uk/peace-walk/#ixzz1jdOeHEzn>*****
