



# CALENDAR JANUARY 2026 KSD WALES AND SAMYE FOUNDATION WALES



HAPPY NEW YEAR

PLEASE NOTE CHANGES TO REGULAR PRACTICE TIMES STARTING

## Weekly Meditation

JANUARY 3RD

at the centre:

6pm Mondays **Buddhist Meditation**  
7.00pm Wednesdays **Buddhist Meditation**

8am Wednesday **Guided Mindfulness Meditation online**

### A Retreat Day at the Start of the Year - Deepening Your Meditation

A day of guided meditation.

The day will start with a short talk from Anthony setting the compassionate theme of the day. Then Lorraine and Anthony will guide practice sessions throughout the day,

**Saturday 3<sup>rd</sup> January**, 10am to 4pm. Booking required £40

### Mindfulness Meditation Retreat Afternoon

An afternoon of practice and reflection, with a focus on appreciation. There will be a tea break which we will enjoy in silence.

**Saturday 31<sup>st</sup> January**, 1pm-4.30pm booking required £20

## Buddhist (Dharma)

### Audio Teaching Afternoon

Once a month we will be listening to Buddhist (audio) teachings from teachers in the Karma Kagyu Tradition. Subjects for the afternoon contain explanation of precepts and vows, and explanation of the Dorje Chang prayer

**Saturday 24<sup>th</sup> January** 1pm to 4pm, by donation

### Soundbathing with Simon

Session lasts an hour, but please come early, tea available.

Booking is essential cost is £15

6pm or 7.30pm, **Friday 23<sup>rd</sup> January**

## Daffodil Sangha

A morning of meditation and dharma sharing in the Plum Village tradition (following Zen Master Thich Nhat Hanh).

**Sunday 11<sup>th</sup> January** 10am - 12.00pm.

## Buddhist Practices

8.15 am Saturdays **Green Tara Puja**

9.15 am Saturdays **Medicine Buddha Mantra**

5.45pm **Wednesdays Guru Rinpoche Puja**

6.30pm **Wednesdays Chenrezig Puja**

## Mindfulness 4 week course (Level 1) with Lorraine and Rosina

Mindfulness, when practised, can help you to feel less stressed and anxious and make some time for you to relax and value the present moment.

Start your journey with this 4 Week Mindfulness course delivered by Lorraine and Rosina, both experienced Mindfulness practitioners and trainers.

£90 cost includes session notes and mp3 recordings.

**Starting Saturday January 10<sup>th</sup> 10am - 12.00pm**, and running for 4 Saturdays.

\*\*\***Advance notice**\*\*\*

## A weekend of Teaching with Lama Zangmo 7<sup>th</sup> and 8<sup>th</sup> February

Lama Gelongma Zangmo, very experienced practitioner and teacher, who has run the London Samye Dzong centre, since it opened in 1998 and is known for offering wise and accessible teachings. We are pleased to welcome her again to Cardiff.

Details to follow

**Entrance by donation, booking is essential**

## For more information and booking for any of the above go to :

[www.sfwales.org](http://www.sfwales.org)

or

[www.cardiff.samyefoundation.org/](http://www.cardiff.samyefoundation.org/)

or

[www.meetup.com/mindfulcardiff/events/calendar/](https://www.meetup.com/mindfulcardiff/events/calendar/)

All events are at 248 and 250 Cowbridge Road East, CF5 1GZ

*We are also fortunate to have therapists and practitioners offering one to one and group sessions throughout the week. See sf wales website for all therapists and groups.*

KSD Cardiff is part of Rokpa Trust

Charity number 1059293

Samye Foundation Wales is a registered charity  
no. 1122144