# CALENDAR FEBRUARY 2026 KSD WALES AND SAMYE FOUNDATION WALES

## LOSAR TASHI DELEG

**18TH FEBRUAY IS THE 1ST DAY OF TIBETAN NEW YEAR. THE YEAR OF THE FIRE HORSE**

## Weekly Meditation

**At the Centre:**

6pm Mondays **Buddhist Meditation**
7.15pm Wednesdays **Buddhist Meditation**

8am Wednesday **Guided Mindfulness Meditation online**

## Buddhist Practices

8.15 am Saturdays **Green Tara Puja**
9.15 am Saturdays **Medicine Buddha Mantra**
5.30pm *Wednesdays* **Guru Rinpoche Puja**
6.30pm Wednesdays **Chenrezig Puja**

## INTRO TO MINDFUL COMPASSION WORKSHOP

**Saturday 28th February** 10.00-12.00
An introduction to working with compassion
Booking required: £20.

## BUDDHIST RETREAT DAY

The day will start and end with Buddhist prayers. Anthony is an experienced Buddhist practitioner, an d will guide you through your meditation throughout the day. There will also be some walking practise outside, weather permitting. The breaks will be in silence.
**Saturday 21st February,** 10am-4pm. Booking required. The suggested donation for the day, including drinks and soup at lunch, is £40

## AN INTRODUCTION TO MINDFULNESS

WITH ANTHONY

An introduction with some effective techniques and applications for daily life.
Tuesday February 10th 6-8pm
Booking essential £20

## Daffodil Sangha

A morning of meditation and dharma sharing in the Plum Village tradition (following Zen Master Thich Nhat Hanh).
**Sunday 22nd February** 10am - 12.00pm.

*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.*

## Celebrate Losar with us

*Wednesday 18th February*, join us in the regular Guru Rinpoche and Chenrezig Pujas and meditation.

*Friday 20th February* join us at 4pm to hang new prayer flags and enjoy Tibetan style snacks, before Chenrezig practice at 5.30pm.

*Saturday 21st February* join the Buddhist retreat day (see programme)

## A weekend of Teaching with Lama Zangmo

Integrating the Mind Training Teachings into Daily life
10am-4pm Saturday 7th February
and 10am-2.30pm Sunday 8th February

We are so pleased to have Lama back again to expand on her teachings. Please join, even if you are new to her sessions.
In essence, this weekend is about applying the altruistic principles of mind training and compassion (Bodhicitta) to everyday actions, ensuring your practice isn't just an abstract idea but a way of living that benefits all beings.

**Entrance by donation, booking is essential**

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

**www. sfwales.org**
or
**www.cardiff.samye.org/**
or
**www.meetup.com/mindfulcardiff/events/calendar/**

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

KSD Cardiff is part of Rokpa Trust
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