



CALENDAR MARCH 2026 KSD WALES AND SAMYE FOUNDATION WALES



Weekly Meditation

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**

CHENREZIG RETREAT DAY

Join the Sangha for a day of practice. Practicing Chenrezig (*Avalokiteśvara*) is associated with loving kindness and compassion. We will have spare texts for people to use.

Attendance is free. Everyone welcome.

There will be soup for lunch, as well as tea, coffee and biscuits available. Please pay in advance for your food and refreshments, at the cost of £10. **Saturday 14th March.**

Please Register

ASPECTS OF COMPASSION RETREAT DAY

The theme of the day will be Compassion. You will be guided throughout the day using compassionate exercises that will help to nurture your feelings of self worth.

There will be an opportunity to talk with Lorraine about the 8 Week Compassion course.

Saturday 21st March 10am-4pm Cost £40 including teas and soup

Daffodil Sangha

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

Sunday 22nd March 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.

Volunteer Day 1st March

Our beautiful centre at the Samye Foundation is in desperate need of some tlc.

We hope to have many volunteers turning up on St David's day to help us do great things to brighten up the centre and the garden. By having a day of volunteering together, you will also have a sense of community.

Sunday 1st March 10am-4pm, with refreshments.

Soundbathing with Simon

Enjoy a relaxing sound bathing session with traditional Tibetan sound bowls. Experience the soothing vibrations that promotes peace and tranquillity.

Friday 27th March. Sessions at 6pm and 7.30pm.
£15 per session **Booking essential**

MINDFULNESS 8 WEEK COURSE WITH ANTHONY

Anthony, an experience Mindfulness trainer and Buddhist practitioner, will guide you through exercises each week to help you settle the mind and help you to feel more grounded in your life. Suitable for complete beginners and also to refresh practice. Do contact Anthony via admin@samyem.org with any questions.

Commencing **Tuesday 3rd March**, running from 6pm -8pm for 8 weeks. Cost £180 ask re.concessions

AN INTRODUCTION TO MINDFULNESS

with Rosina

An introduction with some effective techniques and applications for daily life.

Thursday March 19th 2.30-4.30pm

booking essential £20

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

www.sfwales.org or www.cardiff.samyem.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
Charity number 1059293

Samye Foundation Wales is a registered charity
no. 1122144