



CALENDAR APRIL 2026 KSD WALES AND SAMYE FOUNDATION WALES



Weekly Meditation

6pm Mondays **Buddhist Meditation**

7.15pm Wednesdays **Buddhist Meditation**

8am Wednesday **ONLINE
Guided Mindfulness Meditation**

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**

STORYTELLING EVENING WITH MEAL "ON DREAMS OF THE BUDDHA"

with esteemed storyteller Steve Killick.

An evening of stories, old and new, with themes exploring Buddhism, China and of our dreaming lives. This performance by storyteller, includes a rarely told Chinese Jataka tale and an excerpt from 'The Monkey King'. These are both entertaining and thought-provoking tales that are both fun and fundamental.

A vegetarian meal will be served at 6pm in our hall before the stories begin at 7pm. This is always a very popular event. Places are limited, booking is essential, when full we will move to a waiting list. This is a fundraising event. Tickets include a vegetarian meal. and cost £25

Friday, Apr 17 6:00 PM to 8:30 PM

MINDFULNESS MEDITATION RETREAT DAY

A day of guided meditation.

The day will start with a short talk from Lorraine setting the loving kindness theme of the day. Then Lorraine will guide practice sessions throughout the day, Please register £40

Saturday, Apr 11th 10:00 AM to 4:00 PM

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.

GREEN TARA 24 HOUR RETREAT DAY

Join us for a Tarathon. Green Tara Puja throughout the day - clearing away our obstacles and bringing blessings to yourselves, the centre and sending out compassion to all sentient beings.

The retreat day is free and teas and coffee will be offered too.

You will be able to purchase soup for lunch.

Saturday April 18th 8.15am to Sunday 19th April 8.15am

Come for part or all of the day. Contact us for information.
Please Register

Daffodil Sangha

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

Sunday 19th April 10am - 12.00pm.

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

www.sfwales.org or www.cardiff.samyefoundation.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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