



CALENDAR OCTOBER 2026 KSD WALES AND SAMYE FOUNDATION WALES



Weekly Meditation

6pm Mondays **Buddhist Meditation**
12 to 12.30 Wednesdays **Guided Mindfulness Meditation**
7.30pm Wednesdays **Guided Buddhist Meditation**

MINDFULNESS HALF-DAY RETREAT

with Anthony

Guided practice sessions lasting an hour, silence and formal sitting, with walking meditation in the centre and the garden. Booking essential, suggested cost £30. Tea and coffee will be available

Saturday 31st October 10am-1pm

4 WEEK LEVEL 1 MINDFULNESS COURSE

with Lorraine

Start your journey with this 4 Week course delivered by Lorraine who is an experienced mindfulness practitioner and trainer. Each week you will be emailed notes and MP3s to support your practice.

The cost for the course is £90. As with all our courses please contact us if cost is an issue. Starting **Wednesday 14th October 3pm to 4.30pm**

8 Month Mindfulness Course (32 weeks)

with Anthony

Drawing on his experience as a long term practitioner and building from the 8 week mindfulness course, giving a deeper understanding. Attendees will have already attended an 8 week mindfulness course or equivalent. The cost for the 8 Month course is £320 (£40 per month by standing order). Please contact our office at admin@sfwales.org for further information.

Commencing Thursday 8th October 6 to 8pm

SOUNDBATHING WITH SIMON

Enjoy a relaxing sound bathing session with traditional Tibetan sound bowls. Experience the soothing vibrations that promote peace and tranquillity. £15 per session Booking essential

Friday 16th October

Sessions at 5pm (new time!) and 7.30pm.

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.

Diary Date! Lama Zangmo will be with us 28th and 29th November

Buddhist Practices

8 am Saturdays **Green Tara Puja**
9am Saturdays **Medicine Buddha Mantra**
12pm Tuesdays **Guru Rinpoche Puja**
12.45pm Tuesdays **Chenrezig Puja**
5.30pm Wednesdays **Guru Rinpoche Puja**
6.30pm Wednesdays **Chenrezig Puja**
12pm Thursdays **Guru Rinpoche Puja**
12.45pm Thursdays **Chenrezig Puja**

DAFFODIL SANGHA

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

Sunday 11th October 10am - 12.00pm.

FILM NIGHT: AKONG RINPOCHE

A REMARKABLE LIFE

Join us to watch a feature-length documentary film about the founder of Europe's first Tibetan Buddhist centre in Dumfriesshire and important and much loved leader of the lineage in UK. By donation.

Friday 9th October 6pm to 7.30pm

24 HOUR TARA RETREAT

Join us for a Tarathon. Practicing 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. Come for part or all of the retreat. The day is free as well as teas and coffees. Please register for this in advance.

Saturday 24th October 8am-Sunday 25th 8am

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

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

As with all our courses please contact us if cost is an issue. All events are at 248 and 250 Cowbridge Road East, CF5 1GZ

KSD Cardiff is part of Rokpa Trust
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