



CALENDAR SEPTEMBER 2026 KSD WALES AND SAMYE FOUNDATION WALES



Weekly Meditation

6pm Mondays **Buddhist Meditation**
7.30pm Wednesdays **Buddhist Meditation**

NEW FOR THE AUTUMN

Lunchtime Drop-in Mindfulness Session, starting 9th September, guided session, Wednesdays 12 to 12.30.

Guru Rinpoche (12pm) and Chenrezig Puja (12.45pm) Tuesday and Thursday lunchtimes, starting 8th September.

The 8 Month Mindfulness Course coming in early October, dates to be announced.

4 WEEK LEVEL 1 MINDFULNESS COURSE

with Lorraine

Start your journey with this 4 Week course delivered by Lorraine who is an experienced Mindfulness practitioners 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.

Commencing 15th September 5.30 to 7pm

DAFFODIL SANGHA

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

Sunday 20th September 10am - 12.00pm.

SOUNDBATHING WITH SIMON

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

£15 per session Booking essential

Friday 18th September

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.

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**

MINDFULNESS RETREAT DAY

with Anthony. Guided practice sessions following the theme of loving kindness. A space for silence. Booking essential, suggested cost £30.

Refreshments including soup £10

Saturday 19th September 10am-4pm

INTRODUCTION TO MINDFULNESS

A practical introduction to meditation and applications for daily life.

Booking essential £20

Thursday 10th September 12.30-2pm

FILM NIGHT: THE PSYCHOLOGY OF BUDDHISM

Join us to watch a film by the late Prof. Rob Nairn. He was an internationally sought after lecturer in Buddhism and meditation. By donation.

Friday 11th September 6pm to 7.30pm

CHENREZIG RETREAT DAY

Everyone welcome. Practising Chenrezig is associated with loving kindness and compassion. Alternating the long and short versions. Texts will be available.

The day is free. Refreshments for the day, including soup, costs £10. Please register for this in advance.

Saturday 5th September 10am-4pm

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/

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
Charity number 1059293

Samye Foundation Wales is a registered charity
no. 1122144