



Monthly Calendar Samye Foundation Wales and KSD Wales July/August 2025



Please note the weekly meditations and pujas do not run during August. The only events are those listed with dates here, otherwise the centre is closed.

Weekly Meditation

in person

6pm Mondays **Guided Buddhist Meditation**

6.45pm Tuesdays **Mindfulness Meditation**

7.30pm Wednesdays **Buddhist Meditation**

On-line

8am Tuesdays and Wednesdays

Guided Mindfulness Meditation

Sangha Retreat Day

The second sangha day Inspired by Rob Nairns book "Living, Dreaming and Dying". It is not a requirement that you have attended the June day.

The retreat is free to sangha members , but please register, so that we know numbers and book for lunch. **Sunday 27th July** 10am to 4pm

Introduction to Mindfulness, Workshop

Learning a couple of applications of mindfulness and effective mindfulness techniques for daily use.

Thursday 17th July 6pm to 8pm

This workshop is at the reduced price of £20 (normal price £30)

Chenrezig Retreat Day

A day of chanting both the long and short Chenrezig pujas, as well as meditation and sending out

compassion to the world.

.You can join for part or all of the day.

The retreat is free. Tea and coffee, free throughout the day.

You will be able to purchase soup for lunch.

Sunday July 13th 10am to 4pm

Buddhist Practices

8.15am Sundays **Green Tara Puja**

9.15am Sundays **Medicine Buddha Mantra**

5.45pm Tuesdays **Guru Rinpoche (Koncho Chidu) Puja**

6.45pm Wednesdays **Chenrezig Puja**

Soundbath

with Simon **16th August**.

Experience the soothing vibrations that promotes peace and tranquillity.

Session lasts an hour, but please come early.

6pm or 7.30pm

Booking is essential cost is £15

Mindfulness 4 Week Course (Level 1)

just added

Start your mindfulness journey here. Begins

Tuesday July 8th 7pm to 8.30pm. Led by Lorraine.

On-line or in person, cost £90

Daffodil Sangha

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

Next in person meeting in **August**, date to be confirmed

Also at the centre:

We are also fortunate to have a number of therapists and practitioners offering one to one and group sessions throughout the week.

See sfwales website

for all therapists and groups.

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

www.sfwales.org or

www.cardiff.samye.org

or to book go to:

www.meetup.com/mindfulcardiff/events/calendar

All events are at 248 and 250

Cowbridge Road East, CF5 1GZ

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