



CALENDAR JULY 2026 KSD WALES AND SAMYE FOUNDATION WALES



AUGUST CLOSURE

*The Centre closes for the month of August,
but there are a couple of events happening
and they are included here.*

Weekly Meditation

6pm Mondays **Buddhist Meditation**
7.15pm Wednesdays **Buddhist
Meditation**
8am Wednesday **Guided Mindfulness
Meditation ONLINE**

WAYS TO SUPPORT

YOUR PRACTICE OF MIND TRAINING

We are very grateful to have Lama Zangmo with us again to offer guidance and instructions to support the practice of mind training. There will be time for meditation and questions & answers each day. The weekend is suitable for all. Booking essential
Suggested donation £40
Refreshments each day will be £10

**Saturday 25th July 10am-4pm and
Sunday 26th July 10am-2pm**

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 31st July

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

DAFFODIL SANGHA

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

**Sunday 19th July and Sunday 23rd August
10am - 12.00pm.**

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**

RELAX, PAINT, MEDITATE

A Tara Rokpa day, During his lifetime Akong Rinpoche created and developed the methods and process of Tara Rokpa Therapy. An experiential workshop led by Tara Rokpa therapists, using the methods to help support and prepare the mind and body for meditation. Booking essential cost £30.

Refreshments including soup, £10

Sunday 12th July 10am -4pm

MINDFULNESS RETREAT DAY

with Lorraine

Guided practice sessions following the theme of loving kindness. A space for silence.

Booking essential ,cost £30.

Sunday 5th July 1pm-5.30pm

CHENREZIG RETREAT DAY

Everyone welcome. Practicing Chenrezig is associated with loving kindness and compassion. When practising on the full moon (or close to the full moon) is considered especially beneficial

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

SUNDAY 1ST AUGUST 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/

All events are at 248 and 250 Cowbridge Road East,
CF5 1GZ

*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.*

KSD Cardiff is part of Rokpa Trust
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