



# Kagyu Samye Dzong Cardiff

Tibetan Buddhist Meditation Centre For World Peace and Health

## MEDITATION AND MINDFULNESS CLASSES

### **Every Monday**

3pm - 4pm and 7pm - 8pm  
SPLOTT COMMUNITY LOUNGE  
69b Splott Road, Splott, Cardiff

### **Every Tuesday**

5.30pm - 6.30pm  
LLANDAFF PARISH HALL  
(which is situated in the car park opposite the Spar)

### 7.30pm - 8.30pm

THE TWYN COMMUNITY CENTRE, CAERPHILLY  
(in the Visitor Centre, car park - opposite the market)

### **Every Wednesday**

5.50pm - 6.50pm and 7.00pm - 8.00pm  
SAMYE DZONG CARDIFF  
100 Moorland Road, Splott, Cardiff CF24 2LP

### **Every Friday**

3pm - 4pm  
SPLOTT COMMUNITY LOUNGE  
69b Splott Road, Splott, Cardiff

## WEEKLY PUJAS

### **GREEN TARA**

Mon, Tues, Wed, Thurs  
7.00am - 8.30am  
Fri, Sat, Sun  
8.30am - 9.45pm  
@ SAMYE DZONG CARDIFF

GURU RINPOCHE followed by CHENREZIG  
Every Sunday  
5.30pm - 6.30pm  
6.30pm - 7.15pm  
@ 17 PRINCES AVENUE  
Caerphilly CF83 1HR

# Welcome!

## About us

Kagyu Samye Dzong Cardiff is affiliated with Kagyu Samye Ling Monastery, Scotland, and transmits the pure teachings and practices of the Karma Kagyu lineage of Tibetan Buddhism which have been handed down without break from master to disciple from the first Karmapa to the present, His Holiness Ugyen Trinlay Dorje

## What we do

We organise and run regular classes in meditation and mindfulness in Cardiff and the surrounding areas as well as retreats and other events. We regularly host visiting teachers who are renowned for their personal accomplishment and wisdom. Our courses in meditation are not aimed at converting people to Buddhism, and everybody is welcome to attend, to learn meditation for therapeutic reasons and to overcome the stresses and strains of modern life.

# [www.meditateinwales.net](http://www.meditateinwales.net)

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100 Moorland Road, Cardiff CF24 2LP



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We are a fully inclusive community of Buddhist practitioners and welcome all visitors regardless of race, gender, age, creed, sexual orientation, social circumstance or ability