Retreat host

Cardiff, Wales Practice Group

Where

St Clare's Prayer & Retreat Centre Clevis Lane Newton, Porthcawl South Wales UK, CF36 5NR

When

Sunday, March 2 from 10am – 5pm

Retreat schedule or description

A day of Loving-Kindness and Compassion Practice:

We will practice the loving-kindness practices from the Joy of Living program and also have shared lunch and hopefully have time to watch the recorded messages from Tai Situ Rinpoche, Tsokyni Rinpoche and Khenpo Kunga.

Social Media Event Info

Facebook: **Joy of Living South Wales**

Website: http://tergar.org/cardiff

Contact name and email

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All are welcome!