



Pine Forest Sangha

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Pine Forest Sangha is a small Buddhist monastic community and retreat centre made up of monks and nuns, lay men and lay women. Pine Forest provides the opportunity to participate in monastic life, which includes teachings, guided meditations, living mindfully by forging the swords of wisdom, spiritual happiness and awareness which are crafted in the fires of compassion and loving kindness. Guests have the opportunity to learn how to practice meditation and to direct the mind towards goodwill for all living beings. The monastery is open everyday all year round for anyone who wishes to spend a few hours or a few weeks living in harmony and peace. The monastery is situated in the heart of the Snowdonia National Park and is enclosed by a beautiful pine forest which leads to open mountainside. The location enjoys open views of Trawsfynydd Lake and the surrounding mountains. The setting affords the community endless possibility for walking meditation and contemplation as well as enjoying the beauty of the surrounding environment.



Visitors, if wished, may tranquilly join in the monastic way of life which begins early in the morning with meditation and chanting followed by a delicious breakfast eaten in total mindfulness, enjoying each mouthful. This is followed by various activities which are carried out in total awareness, visitors can learn to appreciate the breath they are breathing and the life they are living.

The daily activities range from; walking meditation, Dharma talks and teachings to lectures on Buddhist Philosophy and monastic life. As well as formal monastic activities, there is also, of course, plenty of time for fun and games such as archery, candle making, creative writing, martial arts, music making (bring your instrument), calligraphy, patchwork and outdoor activities such as canoeing, climbing and mountaineering. Guests are not obliged to join in and rest assured there is plenty of free time to

rest and recuperate from the stresses and strains of everyday life. ([Click to view sample daily programmes](#))

An afternoon activity follows lunch and the afternoon is concluded with early evening meditation before enjoying a beautifully prepared meal. If wished, guests are welcome to join in the general running of the community, taking part in usual daily tasks such as preparing meals, flower gardening, vegetable gardening, bread making and tending the animals for example.

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