



# Tranquil Abiding Buddhist Retreat

Welcome to Tranquil Abiding Buddhist Monastery & Retreat

## Tranquillity and Calm Meditation and Relaxation

Tranquil Abiding is a Buddhist Monastery and Retreat situated within the Snowdonia national park in the heart of North Wales. Visitors are welcome to come on retreat where they are invited to join in and share in the daily life and practice of the monks which includes teachings, guided meditation and mindful living.

Tranquil Abiding is open to anyone who wishes to spend a few hours or a few weeks living in harmony and peace. Begin to uncover your true nature, transform stress and negative emotions and enjoy the sense of fulfillment associated with true spiritual development. Learn to appreciate your life as it passes you by in each and every moment and to make the most of this precious human existence.



View from Monastery

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared"  
The Buddha

**Registered Office: Cae Rhys, Trawsfynydd, Blaenau Ffestiniog, Gwynedd, LL41 4TS. Tranquil Abiding is a private and independent monastery, has chosen not to have charitable status and is not affiliated to any other group or organization. [Data Protection Policy](#) [Disclaimer & Copyright](#)**

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