

Our Purpose

Welcome to Samudra Kadampa Buddhist Centre. We are a registered charity based in Buxton in the heart of the Peak District. For over 25 years our community hub has been dedicated to helping people find mental clarity and lasting happiness through modern Buddhist meditation.

Everyone Welcome!

You don't need to be a Buddhist or have any prior experience to attend. Our sessions are designed to be practical, welcoming, and easy to apply to modern daily life. We offer a variety of ways to help you find inner peace which you can discover in this brochure.



WEEKLY
DROP-IN CLASSES



HALF-DAY
COURSES



RETREATS
& SPECIAL EVENTS

Classes In Your Area...

We teach our weekly classes at various venues across the High Peak Area. No booking is necessary, simply drop in on any week that interests you. Open this brochure to explore our upcoming series.

BUXTON | NEW MILLS | CHAPEL-EN-LE-FRITH
LEEK | GLOSSOP | MACCLESFIELD | PRESTBURY

Our Local Community

From the dedicated volunteers to every single person who steps into a class, it is our collective energy that makes this space what it is. Together, we create a warm, supportive, and living community where everyone belongs.



Join Our Volunteers

Whether you have an hour to spare or want to help long-term, experience what it is like to be part of something very special.

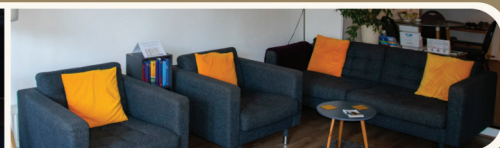
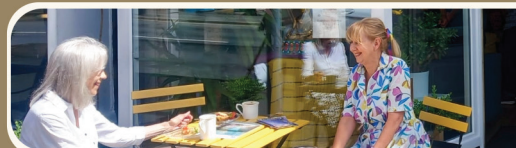
Email: info@samudracentre.org

Visit Our Shop & Café



OPEN MON - FRI
10:00 - 12:30

We offer a warm space where everyone is welcome to enjoy a complimentary tea, coffee, and biscuits on our comfy sofas or soak up the sun at our outdoor tables.



WEEKLY
DROP-IN CLASSES

At A Glance...

£6 for 60 Mins | £7 for 75 Mins
(concessions available)

BUXTON •LIVE ((o))
SAMUDRA BUDDHIST CENTRE

TUESDAYS 19:30 – 20:45
WEDNESDAYS 10:30 – 11:45

NEW MILLS
SPRING BANK ARTS CENTRE

TUESDAYS 12:00 – 13:00

PRESTBURY
VILLAGE HALL

WEDNESDAYS 19:30 – 20:45

LEEK
HAREGATE COMMUNITY CENTRE

WEDNESDAYS 19:30 – 20:45

GLOSSOP
BRADBURY COMMUNITY HOUSE

THURSDAYS 19:30 – 20:45

CHAPEL-EN-LE-FRITH
TOWN HALL

THURSDAYS 12:30 – 13:30

MACCLESFIELD
MACCLESFIELD LIBRARY

MONDAYS 12:30 – 13:30
(TUESDAYS FROM NOVEMBER)

- **Aug 15:** Open Day
- **Aug 22:** Highest Yoga Tantra Retreat
- **Sept 1:** A Sense of Calm (6 Week Course)
- **Sept 4–7:** UK Dharma Celebration, Thornby Hall
- **Sept 12:** Letting Go of the Past (Half-Day Course)
- **Sept 19:** Open Day
- **Sept 26:** Special Event: The Inner Peace of Refuge
- **Oct 9 - 15:** International Fall Festival, KMC Spain
- **Oct 19:** Developing Confidence (4 Week Course)
- **Oct 24:** A Life Less Distracted (Half-Day Course)
- **Oct 31:** Open Day
- **Nov 7:** Don't Believe What You Think! (Half-Day Course)
- **Nov 13 - 15:** Away Retreat at Tara IKRC
- **Nov 17:** Navigating Modern Life (4 Week Course)
- **Nov 21:** Freedom from Insecurity (Half-Day Course)
- **Nov 27 - 29:** Training in Tranquil Abiding, Manjushri KMC
- **Dec 4:** Christmas Meditation & Meal
- **Dec 6:** Keep the Peace at Christmas (Half-Day Course)
- **Dec 12 - 13:** Vajrasattva Purification Retreat



SAMUDRA
KADAMPA BUDDHIST CENTRE



Find Your Inner Peace



SAMUDRA BUDDHIST CENTRE
47 HIGH STREET | BUXTON | HIGH PEAK | SK17 6HB

OPEN MON – FRI
10:00 – 12:30



Registered Charity No: 1081470 www.meditateinhighpeak.org info@samudracentre.org 01298 79777 [f](#) [i](#)

During August, our opening hours vary until September. Visit our website for more details

MEDITATION & BUDDHISM in High Peak

Aug – Dec 2026



WEEKLY
DROP-IN CLASSES



HALF-DAY
COURSES



RETREATS
& SPECIAL EVENTS

BUXTON | NEW MILLS | CHAPEL-EN-LE-FRITH
LEEK | GLOSSOP | MACCLESFIELD | PRESTBURY



Find Your Inner Peace
SAMUDRA KADAMPA BUDDHIST CENTRE

Samudra Buddhist Centre

Your space for peace, meditation, and well-being

Our Founder

Venerable Geshe Kelsang Gyatso Rinpoche is a meditation master and author of 23 books presenting Buddhist wisdom for the modern world. As the founder of the New Kadampa Tradition, his tireless energy in establishing more than 1,000 Centres worldwide, alongside his humility and joy, have resonated internationally. We are proud to be his representative in High Peak.



Our Resident Teacher

Gen Kelsang Dema is the Resident Teacher at Samudra Centre. With many years of dedicated study and practice, Gen Dema is widely recognized for her deep understanding of Buddhist teachings and her ability to convey them with clarity, humour, and compassion, inspiring people to integrate modern meditation into daily life.

Our Global Family

Beyond our local classes, our community is part of a vibrant, international network of centres worldwide. This global family connects us directly to world peace festivals, profound teachings, and an inspiring tradition of modern meditation. We bring this rich, global wisdom right home to High Peak - creating a local sanctuary where anyone can experience these peaceful, life-changing practices.

Free Meditations & Lunch

Tuesdays & Fridays | 12:30 - 12:45



Guided Meditation | FREE

A perfect opportunity to step away from your busy daily routine and experience a moment of inner peace.



Join Us For Lunch | £4

On the last Friday of the month, after your free meditation, join us for a tasty, home-cooked vegetarian lunch.

Free Open Days

Aug 15th | Sept 19th | Oct 31st

Come browse our shop, take a look at our peaceful meditation room, ask questions about our classes, or simply take a moment to unwind. Experience a free 15-minute guided meditation, and savour delicious refreshments.



SAMUDRA BUDDHIST CENTRE

47 HIGH STREET | BUXTON | HIGH PEAK | SK17 6HB



Half-Day Courses

10:00 - 13:00 | £15

Take your practice further with our half-day courses. Perfect for both beginners and experienced meditators, each session offers practical insights to help you challenge limiting beliefs and find peace.



Letting Go of the Past

| Sat Sept 12th

So much time and energy can go into recalling past painful experiences instead of learning to heal ourselves through gentle meditations. In this practical meditation course, we will learn how to release ourselves from these memories and create more time for living in the present.



A Life Less Distracted

| Sat Oct 24th

If we could focus our attention in a more relaxed and sustained way, we could accomplish so much more both internally and externally. Meditation is the method we need to be able to increase our concentration and learn how to be less distracted.



Don't Believe What You Think!

| Sat Nov 7th

Our way of understanding reality makes it difficult for us to relate to ourselves, other people, and situations in a beneficial and enjoyable way. In this course, we will learn how to live more lightly, not clinging so tightly to how things appear to be.



Freedom From Insecurity

| Sat Nov 21st

Needing approval from others to make us feel secure means that we are restricted from exploring new ways of being. By learning how to be less dependent on others' opinions of us, we can experience greater freedom in the way we live.



How To Keep The Peace At Christmas

| Sun Dec 6th

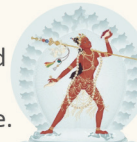
Although a period of celebration, we can often find Christmas time stressful. In this timely course, we take a light-hearted look at ways to deal with this stress which will help us to be less uptight and enjoy this wonderful occasion with peace and joy.

Retreats

Highest Yoga Tantra Retreat

Sat Aug 22nd | Session £4 | Day £10

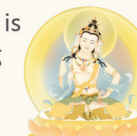
A follow-up to the Summer Festival to review advice and guidance on incorporating Tantric practice into daily life.



Guided Purification Retreat

Sat Dec 12th – Sun Dec 13th | Session £4 | Day £10

Clearing our mind of negativity is incredibly helpful for lightening our lives. These short, simple sessions will be clearly guided.



Away Retreat at Tara IKRC

Fri Nov 13th - Sun Nov 15th

An opportunity to relax in the beautiful environment at Tara IKRC. Through guided meditation, we can learn to quieten an over-active mind and then learn to maintain it in our daily life. Then we will be so much more able to solve and enjoy our daily problems in our busy lives.

Please contact us to enquire about booking



Weekly Drop-in Classes

Reduce stress and clear your mind with our weekly classes. While they form part of a themed series, every session is completely self-contained, allowing you to join in on any week that interests you.

A Sense of Calm

| Sept 1st – Oct 8th



Week 1: A meaningful life
Week 2: Living with uncertainty
Week 3: We have been here before
Week 4: A reliable source of protection
Week 5: The real cause of our suffering
Week 6: Shaping a better future

Developing Confidence

| Oct 19th – Nov 12th



Week 1: The power of encouragement
Week 2: The energy to change
Week 3: The power of joy
Week 4: Relaxed confidence

Navigating Modern Life

| Nov 17th – Dec 10th



Week 1: Letting go of anger
Week 2: The power of patient acceptance
Week 3: Caring for oneself
Week 4: Transforming adversity

See Back Cover for Venues, Times & Prices

Can't Make It In Person?

•LIVE Streams Available

Enjoy our weekly classes from the comfort of your home.

Monthly members get access to live streams of our Buxton classes.



Go Deeper...

• Study Programme
Mondays | 18:30 – 20:30

The ideal next step from our weekly drop-in classes - Explore Buddhist philosophy within a supportive group setting.

In September, we will be studying:
The New Heart of Wisdom (Part 2)



Special Events

The Inner Peace of Refuge

Sat Sept 26th | 10:00 – 12:30 | £20



In a world of uncertainty, this special event explains the Buddhist practice of refuge to cultivate stable inner peace. Includes a vegetarian continental breakfast served in the break!

Find Your Inner Peace

Christmas Meditation & Meal

Fri Dec 4th | From 19:00 | £25

Join us at Samudra Centre for our annual festive celebration - combining a relaxing meditation with a delicious seasonal meal. Both are wonderful in their own unique way! Spaces are strictly limited for this highly popular event, so please book early online.

