



KEYNOTES · WORKSHOPS · RETREATS

David Oromith

*Buddhist meditation teacher, author and retreat leader.
Drawing on Buddhist psychology, neuroscience and lived
experience to help audiences turn stress, burnout and adversity
into genuine wellbeing.*

BASED
SOUTH WALES · UK

TRAVELS
UK · ONLINE - INTERNATIONAL BY REQUEST

BOOKING
INFO@SAMADHI.ORG.UK

ABOUT DAVID —

The meeting point of *Buddhist psychology, neuroscience and lived experience.*

David Oromith is a Welsh Buddhist teacher, author and meditation guide, and the co-founder of Samadhi, a UK registered charity (No. 1207744) offering retreats, online classes and Buddhist study programmes. He has spent over a decade at the intersection of Buddhist psychology and modern approaches to mental wellbeing.

His path into Buddhism began while working in mental health services. Witnessing the limits of approaches that suppressed symptoms without addressing root causes – and navigating his own experience of depression, panic attacks and suicidal ideation – he encountered the Buddha's teachings on the Four Noble Truths, which he describes as the doorway that opened his life.

David has trained in the Tibetan Buddhist tradition for over ten years and is authorised to teach by his root teacher, **Lama B. Alan Wallace, PhD**. Following the non-sectarian rimé approach, he has also received teachings from H.H. The 14th Dalai Lama, Lama Lena, H.E. Garchen Rinpoche and Ven. Robina Courtin.

He draws on Buddhist psychology, Western psychology, contemporary neuroscience, and his own journey through depression, anxiety and burnout to share both ancient and new practices that are useful in modern life. He offers both lineage-rooted and fully secular formats. He is known for his clear, practical and warmly humorous delivery that resonates and works as easily in a corporate away-day as a 7-day silent retreat.



Lived	Former mental-health worker; lived experience of depression, burnout, panic, anxiety and recovery.
Lineage	10+ years in the Tibetan tradition; authorised by Lama B. Alan Wallace.
Modern	Bridges Buddhist psychology with neuroscience, in jargon-free language.

IO+ YEARS TEACHING INTERNATIONALLY · SINCE 2015	2 BOOKS PUBLISHED · #1 SPIRITUAL MEDITATIONS ON AMAZON	9 RETREATS LED EACH YEAR · UK + ONLINE
49 EPISODES · THE SAMADHI PODCAST	5★ INSIGHT TIMER · 2K FOLLOWERS	5★ TRUSTINDEX · 238+ REVIEWS · 100% RECOMMEND

SIGNATURE TALKS —

Sample topics, *all adaptable* in length and tone.

From a 20-minute keynote to a multi-day course. Every topic can be tuned for a corporate, conference, public or contemplative audience, and delivered in secular language where required.

01 — <i>Most requested</i> The psychology of stress & burnout An honest, practical session on the inner causes of stress and burnout, and what to do about them. Drawn from Buddhist psychology, mental-health practice and lived recovery. ANCHORED 2025 UK TOUR · 6 CITIES	02 Transforming adversity Navigating difficult times using the Tibetan Lojong (mind-training) tradition. Not 'putting up', but learning to thrive and grow in the challenges we face. KEYNOTE · WORKSHOP · RETREAT	03 Mind training for modern life A practical introduction to Lojong: how to work with life as it is, especially when it's challenging. Suits secular and contemplative audiences alike. TALK · WORKSHOP · SERIES
04 Habits of happy people Habits we can train in to cultivate joy, connection and freedom, blending Buddhist psychology with contemporary wellbeing science. KEYNOTE · HALF-DAY WORKSHOP	05 Attachment, love & relationships What Buddhists say we mistake for love. How attachment, expectation and fear shape our relationships, and tools for showing up with greater openness. WORKSHOP · PUBLIC TALK	06 Compassion vs. despair For carers, clinicians and changemakers. How to stay open-hearted facing overwhelming suffering without burning out, with the Four Immeasurables and compassion-fatigue research. CPD · KEYNOTE · WORKSHOP
07 Meditation made simple A foundational session in shamatha (meditative quiescence). Ideal as an introductory keynote or experiential workshop for audiences new to meditation. INTRO KEYNOTE · EXPERIENTIAL	08 Letting go of the past Buddhist tools for working with guilt, resentment and the stories we carry — and the freedom that comes when we stop arguing with what has already happened. TALK · HALF-DAY	09 Journeying with depression An open, frank discussion weaving lived experience, mental-health work and contemplative recovery. A non-judgmental space for those who journey with low mood, whether personally or as a carer. PUBLIC TALK · Q&A

FEATURED SAMPLE SERIES —

Train Your Mind with David Oromith

A four-part series blending Tibetan mind-training with cognitive reframing - fully secular delivery, evidence-aware, and battle-tested with corporate audiences. Bookable as a single workshop, a four-week course, or as a corporate wellbeing programme.

PART
ONE

Training the Mind & Cognitive Reframing

01

Introduces the transformative blend of Tibetan mind-training and cognitive reframing — practical, evidence-based techniques to challenge unhelpful thinking. A rational, open conversation on how shifting perspective leads to greater peace, enjoyment and emotional well-being in daily life.

PART
TWO

Patient-Acceptance: Building Courage & Letting Go

02

Explores patient-acceptance through the lens of mental resilience. How to make constructive change where we can, and develop a courageous, healthy approach to the difficulties we cannot — a pathway to greater peace around workplace dissatisfaction and stress.

PART
THREE

Navigating Difficult Emotions

03

Emotions are fleeting yet powerful. Tools and techniques for honouring and navigating difficult feelings — leading to a sense of equilibrium and calm in high-pressure situations, so we respond thoughtfully rather than react impulsively.

PART
FOUR

Navigating Burnout & Healthy Boundaries

04

Identifying the signs of burnout and the strategies to navigate it — and the role of healthy boundaries in personal and professional life. Insights for better work-life balance, managed stress, and sustained energy and engagement.

FORMATS —

From a *20-minute keynote* to a *full-day programme* or multi-day retreat.

Keynote talk	<i>50 – 75 min</i> Conferences, all-hands, festivals.	In person or online via Zoom
Workshop / <i>masterclass</i>	<i>1 – 3 hours</i> Interactive, experiential, Q&A.	In person or online
Corporate <i>away day</i> or day retreat	<i>Half & full day</i> Typically 09.30 – 16.00.	At a venue of the client's choice
Multi-week course series	<i>4 × 1-hour</i> Drip-delivered programme.	Online, recorded for catch-up
Residential retreat	<i>3 – 7 days</i> Weekend through full week.	In person · UK or Europe
Fireside or <i>podcast</i>	<i>30 – 90 min</i> Conversation or interview.	In person or remote
Panel · <i>discussion</i>	<i>45 – 90 min</i> Multi-speaker format.	In person or remote

PRICING & TAILORING

Standard corporate pricing is available on request. David takes a limited number of speaking and corporate engagements each year alongside his teaching at Samadhi. Affordable rates available for non-profits. Get in touch for a tailored proposal or a custom programme for your team, conference or community.

LINEAGE & CREDENTIALS —

Trained in the Tibetan tradition, *authorised to teach*, and secular when needed.

BUDDHIST TRAINING & LINEAGE

- Trained under, and **authorised to teach** by, his root teacher **Dr. B. Alan Wallace, PhD**
- Trained in the Tibetan Buddhist tradition; ordained name **Dorje Gyalpo**
- Follower of the **non-sectarian rimé** approach across Theravāda, Mahāyāna, Vajrayāna and Dzogchen
- Particular affiliation to the lineage of **Dudjom Lingpa**
- Practising meditation since age **18**; over **10 years** in the Tibetan tradition

AFFILIATIONS & INSTITUTIONS

- Co-founder, **Samadhi** — UK Charity No. 1207744 · founded 2018
- Member, **UK Network of Buddhist Organisations**
- Active member, **Association for Spiritual Integrity**
- Featured teacher, **Contemplative Consciousness Network**
- Featured teacher, **Center for Contemplative Research**

PROGRAMMES & QUALIFICATIONS

- Trained under **Cultivating Emotional Balance** programme
- Trained in **The Sixfold Matrix of Mental Balance** — a secular framework for genuine wellbeing across six interlocking dimensions of intelligence
- Studying with the **Santa Barbara Institute for Consciousness Studies**
- Qualified **Mindfulness teacher**
- Mental Health **First Aider**

PUBLICATIONS

- **Calm Mind, Open Heart** — 108 Reflections from Buddhism, Psychology & Real Life. Samadhi Publications, 2026 (ISBN 9781068436710). #1 Spiritual Meditations on Amazon at launch.
- **A Practical Guide to Mindful Living** — Five Ways to Restore Presence and Calm Amidst Challenge and Change. 2022.
- **The Samadhi Podcast** — 49 episodes on Apple, Spotify & major platforms.

“*I am delighted that David Oromith will be leading the Summer Retreat... This retreat will surely be of great benefit to all who can participate.*”

— LAMA B. ALAN WALLACE, PHD · SPIRITUAL PATRON OF SAMADHI · FOUNDER, CENTER FOR CONTEMPLATIVE RESEARCH

FROM THE ROOM —

What participants say *after the talk.*

A selection of feedback from sessions delivered by David.



“Excellent session, the best of its kind I have experienced within Admiral. I felt inspired and empowered to apply the techniques. Huge thanks to David for sharing his vulnerabilities and hope in such an easy to understand way.

ADMIRAL · TEAM SESSION · MENTAL HEALTH AWARENESS

"David's sessions were absolutely wonderful and immensely helpful. Such a wholesome, supportive space."

ADMIRAL · PARTICIPANT

"Very close to home and relatable, thanks for being so honest. Good to hear others talk on issues we hear nothing about in real life."

ADMIRAL · PARTICIPANT

"Such a valuable initiative. Moved by all the sharings of people, and feeling so nourished from the wisdom shared."

ADMIRAL · PARTICIPANT

"It is obvious the passion David has with his teachings, and the genuine desire to help enhance the quality of people's lives, which I personally find truly admirable."

OXFORDSHIRE RETREAT ATTENDEE

"David's guided meditations bring peace and calm to a busy mind. I was able to completely disconnect and be present. I highly recommend his retreats."

RETREAT ATTENDEE · RELAXATION DAY RETREAT

"The classes you have held have made a massive impact on me and a couple of my friends. Thank you for helping me control my anxiety."

ONLINE CLASS PARTICIPANT

FROM THE ROOM · II —

More *feedback* from the room.

“

Fantastic session. I felt inspired and empowered to apply the techniques. David has such a calming presence. The talk was insightful and I felt so relaxed after the meditation. Thank you for giving us all the opportunity to listen and reframe our thinking.

ADMIRAL · TEAM SESSION FEEDBACK



MORE FROM PARTICIPANTS

"This came just at the right time for me. David talking about his experience made me realise I'm not alone, and that there is help out there."

ADMIRAL · CARER

"Bravery shown by David was amazing. Immense admiration for taking his time to share his experience. An outstanding experience."

ADMIRAL · PARTICIPANT

"David has such a calming personality and tone of voice. Loved that we had a chance to do meditation. Thoroughly enjoyed."

ADMIRAL · TEAM SESSION

"A very simple and yet fundamental shift to think we can change from inside, this really makes sense."

ADMIRAL · TEAM SESSION

"I will build time into my day when I know I will be supporting someone who is struggling mentally, that will be very helpful."

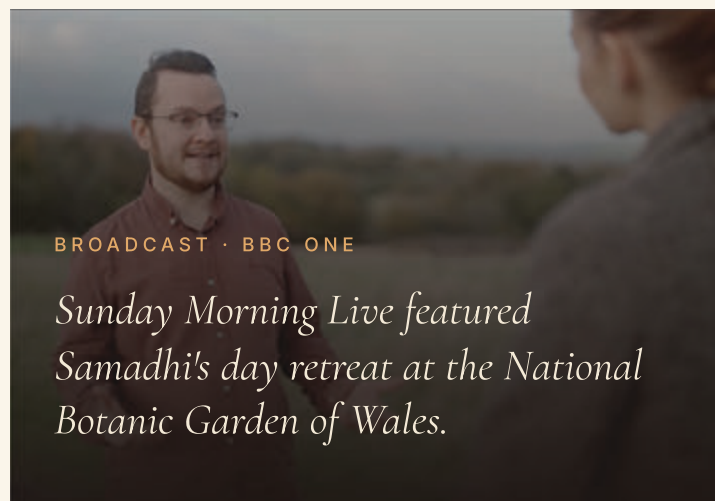
ADMIRAL · TAKE-AWAY

"Oh David, I need you on speed dial."

ADMIRAL · PARTICIPANT

PRESS & MEDIA —

Featured on *BBC One*, in the press, and across the contemplative web.



PRINT & DIGITAL

South Wales Guardian
"Pontarddulais man behind new mindfulness guide" FEATURE

The Samadhi Podcast
49 episodes · Apple, Spotify, iHeart HOST

Insight Timer
5★ · 2K followers PROFILE

Medium · @david_ormith
Bylined essays on practice and psychology AUTHOR

ORGANISATIONS DAVID HAS WORKED WITH



Park Lane School
Plus schools, charities and the NHS across the UK.

And more - across UK universities, schools, retreat centres, conferences and contemplative organisations internationally.

BOOKING —

Let's talk about *your event.*



Whether it's a 20-minute conference keynote, a four-part workplace series or a residential retreat, we'll shape the format around your audience.

David takes a limited number of speaking and corporate engagements each year alongside his teaching at Samadhi. Get in touch to check availability or request a tailored proposal.

CHECK AVAILABILITY →

DAVIDOROMITH.COM

David is based in South Wales and travels widely across the UK. Online keynotes and workshops are available via Zoom. International in-person engagements considered case-by-case.

DIRECT CONTACT

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YOUTUBE [youtube.com/@samadhiretreatsmeditation6507](https://www.youtube.com/@samadhiretreatsmeditation6507)

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"Meditation is not about escaping the world but training ourselves to *meet it differently*. We do not practice to feel peaceful all the time — we practice to find balance in the midst of life's storms, to respond with clarity rather than react from unhelpful habits."

— DAVID OROMITH

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