Tibetan Buddhist Meditation Teacher Announces UK Tour to Help People Combat Stress and Burnout

Monday 17 February, 2025

From the Mental Health Ward to the Buddhist Centre: Tour Sparks Hope for a Less Stressed Britain

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LIVERPOOL, MANCHESTER, SHEFFIELD, LEEDS, NEWCASTLE & LONDON – MARCH 2025

- David Oromith, a British-born Tibetan Buddhist meditation teacher and founder of Samadhi (a UK-registered charity), embarks on a national tour offering practical talks and workshops.
- Having overcome depression, anxiety and suicidal ideation himself, David now hopes to share time-tested tools for navigating challenges, reducing stress, and cultivating genuine wellbeing.
- In the UK in 2024, the term 'How to reduce stress' is searched on Google once every 10 minutes (source).
- Events operate on a pay-what-you-can donation model, accessible for all.

A transformative new tour promises to help people break free from everyday stress and anxiety, led by a man who once believed he had no way out. David Oromith—a British-born Tibetan Buddhist meditation teacher—will offer a series of donation-based talks and workshops in major UK cities this March, sharing **the life-changing techniques that helped him from the brink of suicide to a happier, calmer life.**

In his twenties, while living in Liverpool and working in mental health services, David found himself overwhelmed by his work, family crises, heartbreak, and the relentless negativity of social media and the news. It spiralled into a deep depression and plans to end his life. It was a desperate Google search—"Why is life just suffering?"—that introduced him to Buddhism.

"Stress isn't something the world does to you; it's something we bring to the world. That was a huge realisation for me," David explains. "Once I realised I could change how I responded to life's difficulties, I found new hope. I'd always assumed I was just 'a stressed person.' But if it was a mental habit, it could be changed. That insight saved my life. Now, I want to help others do the same."

Once he discovered practical Buddhist teachings—particularly around meditation and thought transformation—David's depression began to lift. Today, he's an ordained teacher in the Tibetan tradition, **known for his big smile, down-to-earth style and warm sense of humour.**

Between 3 and 22 March 2025, David will visit Liverpool, Manchester, Sheffield, Leeds, Newcastle, and London to offer practical talks on stress management, resilience, and cultivating emotional wellbeing. Each event features:

- Down-to-earth guidance on navigating everything from work stress to relationship struggles
- Simple guided meditations to help reset mental habits and foster calm, clarity, and compassion
- Time for Q&A—giving attendees a chance to explore personal challenges and strategies
- Support materials such as David's book (available on site) and ongoing community follow-up online

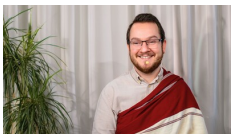
Tickets operate on a pay-what-you-can basis, with suggested donations of £8, £10, or £15—and the option to attend for free if needed. Organisers hope this will make the events accessible to anyone looking for a fresh perspective on mental wellbeing.

David's programmes have touched many lives. Dianne, who has been facing advanced cancer and fatigue, says:

> "I started the year mentally and physically exhausted. Discovering this approach has helped me handle my illness with greater calm. It's opened my heart and given me genuine gratitude for the life I have."

Karen, who has struggled with anxiety and depression for most of her adult life, adds:

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> “I’ve tried so many interventions—some helped a bit, some not at all. David’s teachings are different because they focus on real daily challenges, not quick fixes. I’m coping far better than before.”

David’s story speaks to a widespread need. **With more than 1 in 7 UK adults reporting that their mental health is either bad or the worst it’s ever been** (source), Britons are experiencing stress, burnout, and mental health strains at a higher rate than ever. He aims to show that genuine change is possible—even without moving to a remote country or meditating 12 hours a day.

“People think you have to live on some remote mountaintop in a cave and meditate countless hours,” David says. “But I’m from a town in Wales, I lived through panic attacks, depression, and suicidal ideation, and I know how real life feels. **There’s nothing special about me, and if I can do this, I feel anyone can.”**

David’s tour is hosted by Samadhi, a UK-registered charity he co-founded with Manu Oromith. Samadhi’s mission is to reduce suffering by integrating Buddhist wisdom with modern life, offering regular retreats, online classes, community meetups, and resources to help people nurture stable wellbeing.

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Notes to Editors

- **Dates & Tickets:**
  - 3 March – Liverpool, Adelphi Hotel (7–8.30pm)
  - 5 March – Manchester, Friends Meeting House (7–8.30pm)
  - 6 March – Sheffield, Channing Hall (7–8.30pm)
  - 8 March – Leeds, Jamyang Buddhist Centre (10am–3.30pm)
  - 9 March – Newcastle, Eccles Hall (10am–3.30pm)
  - 22 March – London, Jamyang Buddhist Centre (10am–3.30pm)
    Book online at: www.samadhi.org.uk
- **Interviews & Photos:** High-resolution images and interviews with David Oromith are available on request.
- **Contact:**
  - Email: info@samadhi.org.uk
  - WhatsApp: +447438650527
  - Phone: +447438650527
  - Web: www.samadhi.org.uk
- **About Samadhi:** Samadhi Retreat Centre (Charity number: 1207744) is a UK-registered charity dedicated to helping individuals find genuine happiness and balance through the Buddhist tradition, providing weekly meditations, workshops, and educational programmes accessible to all.

Company Contact:

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