



Pian dei Ciliegi

Meditation Center in Northern Italy,
near Piacenza

Mettā Retreat

15 – 24 October 2027

with Ariya B. Baumann

English with Italian translation

Infos and Contact:

www.piandeiciliegi.it

Mettā (Pāli): loving-kindness, friendliness, benevolence, or unconditional love. With this practice, we develop and strengthen this benevolent and friendly attitude of the mind throughout the day. Mettā chants (recitations) support the opening of the heart and form a part of daily practice. Suitable for both beginners and experienced meditators.

May all beings be well, happy and peaceful.



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