



Vipassanā Retreat (online)

8 – 15 settembre 2026, with Ariya Baumann

The Path to Inner Freedom

In this online vipassanā meditation retreat, we explore the questions of how we can become free. What blocks the development of inner freedom? What promotes and strengthens the development of inner freedom?

There will be daily online sessions with instructions, Q&A, Dhamma talks, and group meetings. Additionally, there is one metta meditation session, including some metta chants.

Meditators alternate between sitting and walking meditation at home and mindfully complete their daily chores, such as preparing their meals.

The course is in english with italian translation and is suitable for both beginners and experienced meditators.

For more information please visit <https://www.piandeiciliegi.it/en/online-retreats/>

Subscription is possible starting from 18 January 2026 at 8 AM CET