

Vipassana retreat in Turin 28 > 29 November, 2026.

Program

Notes: Instruction and Theory > <https://www.cs.ru.nl/~henk/Dhamma2.pdf>

Reader: Nyanaponika Thera, The heart of Buddhist Meditation > https://terebess.hu/keletkultinfo/the_heart_of_buddhist_meditation.pdf

Saturday 28.11.2026

09:15 - 09:30 Calming down
09:30 - 10:30 Instructions and sitting meditation
10:30 - 11:15 Walking meditation (with instruction)
11:15 - 12:00 Sitting meditation
12:00 - 12:20 Walking meditation (short session)
12:20 - 12:30 Instructions for conscious meals
12:30 - 14:30 Lunch break
14:30 - 15:00 Questions & Answers
15:00 - 15:45 Walking meditation
15:45 - 16:30 Sitting meditation
16:30 - 16:45 Tea/coffee break (optional)
16:45 - 17:15 Walking meditation
17:15 - 18:00 Sitting meditation
18:15 - 19:15 Dhamma talk
19:15 - 19:30 Metta meditation

Sunday 29.11.2026

09:15 - 09:30 Calming down
09:30 - 10:30 Instructions and sitting meditation
10:30 - 11:15 Walking meditation (with instructions)
11:15 - 12:00 Sitting meditation
12:00 - 12:30 Walking meditation
12:30 - 14:30 Lunch break
14:30 - 15:00 Questions & Answers
15:00 - 15:30 Walking meditation
15:30 - 16:00 Sitting meditation
16:00 - 17:00 Dhamma talk
17:00 - 17:15 Closure with Metta practice

In urgent cases Gaia is available via SMS or WhatsApp only: +39 3409539742