

Silent Retreat Schedule

April 22 - 26, 2026

Miri Piri, Milan, Italy

Hosted by Helle Laursen, Denmark and Laura Bassi, Italy

Schedule will be adjusted and updated closer to starting date.

Wednesday	Program	
Afternoon		Arriving
17:00	Welcome	Program begins, How we'll do silence together, practicalities, setting intention together and for ourselves.
19:30	Dinner	
20:30	Evening session	
Thursday, Friday, Saturday	Program	
8.15	Morning meditation	
9.00	Breakfast	
10.00	Topic of the day	All topics are focusing on relationships, and will include reflections and perspectives that are supportive for your self-compassion practice and give you suggested reflection and inner work for the day.
12.30	Lunch	
15.45 - 16.45	Walk or other movement	
18.00	Meditation	
19:30	Dinner	

20.30	Self-Compassion	Evening practice focusing on self-compassion
Sunday	Program	
8.15	Morning meditation	
9.00	Breakfast	
10.00	Comming out of silence	
13:00	Lunch	