

# Silent Retreat Schedule

## April 22 - 26, 2026

Miri Piri, Milan, Italy

Hosted by Helle Laursen, Denmark, and Laura Bassi, Italy

This schedule will be adjusted upon arrival.

<b>Wednesday</b>	<b>Program</b>	<b>April 22, 2026</b>
Afternoon		Arriving
17:00	Welcome	Program begins, how we'll do silence together, practicalities, setting intention together, and for ourselves. Introduction to Miri Piri
19:30	Dinner	
20:30	Evening session	Starting our silence together We'll begin the silence with a self compassion practice.

Thursday, Friday, Saturday	Program	
8.00 - 8.45	Morning meditation	Guidet meditation
9.00 - 10.00	Breakfast	
10.00- 11.30	Topic of the day	All topics are focusing on relationships, and will include perspectives that are supportive for deepening your self-compassion practice and give you suggested reflections and inner work for the given day.
11.30-12.30	Time for own reflection or movement	Go for a walk, meditate, rest or journal about the morning topic
12.30 - 13.00	Meditation	Silent meditation (no guidance)
13.00-14.00	Lunch	
14.00 - 16.00	Time for own reflection	Go for a walk, meditate, rest or journal about the morning topic
16.00 - 17.30	Walk or other movement	We'll be outside, brief guidance of then compassionate movement
17.30 - 18.30	Time for own reflection	Go for a walk, meditate, rest or journal about the morning topic
17.30 - 18.30	Check in with Laura or Helle	Sign up for a brief optional talk with Laura or Helle, use the sign up schedule
18.30 - 19.30	Meditation	Guidet meditation
19:30	Dinner	
20.30	Self-Compassion	Evening practice focusing on self-compassion

<b>Sunday</b>	<b>Program</b>	
8.00	Morning meditation	
9.00	Breakfast	
10.00	Comming out of silence	
13:00	Lunch	