



ITACA
MINDFULNESS

Residential Silent Retreat with Bob Stahl 31 August - 5 September 2024 Hotel San Marco, Monteortone PD Italy

A retreat dedicated to deepening the practice of insight meditation guided by a teacher of great experience, wisdom and humanity. The retreat takes place following the tradition of Insight meditation and the Noble Silence will be respected.

Bob Stahl is an American meditation teacher. Professor at the Mindfulness Center of Brown University and at the Center for Mindfulness of the University of Massachusetts. Bob teaches retreats in the vipassana tradition around the world. He lived for over eight years in a Burmese Buddhist monastery in the forest tradition of Ven. Taungpulu Sayadaw.

Info and Registration: Itaca Mindfulness

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