

Integral  Yoga® 9th European
Conference

**We are
Sacred Soil**

ROOTED IN LIGHT
AMIDST UNCERTAIN TIMES

MAY 29 - JUNE 2, 2026

ALBAGNANO MEDITATION CENTRE
LAKE MAGGIORE, ITALY





Inspiration

We are sacred soil - rooted in light amidst uncertain times.

In the quiet embrace of a Buddhist temple, we gather to remember - and cultivate stability, peace, and harmony through the sacred spaces we inhabit.

The stillness by the lake where nature mirrors silence...

The radiant heart where deep listening awakens inner strength...

And the living world where presence becomes peace in motion.

This is an invitation to root deeply, to remember what we are, and to live in luminous connection - with ourselves, with each other, with all life.



Integral Yoga 9th European Conference

4 days of practice

The Integral Yoga Conference is a vibrant gathering

of seekers, teachers, community members, and whoever is inspired by the Integral Yoga tradition.

It happens every 2 years in a different country of Europe.

The event is a living expression of unity in diversity – a space where longtime practitioners and newcomers alike come together to deepen their practice, engage in meaningful dialogue, and celebrate the timeless relevance of Yoga in today's world.

- Meditation
- Integral Hatha Yoga
- Workshops
- Talks
- Kirtans
- Walks
- Wellbeing practices

with

Swami Asokananda
Swami Ramananda
and Senior European Teachers
from the Integral Yoga tradition

Simultaneous translation for talks and selected workshops available in Italian. Other languages to be considered upon request and translators' availability.

Albagnano Healing Meditation Centre, Lake Maggiore, May 29-June 2, 2026
open to all traditions and levels of practice



Where

Lama Gangchen Albagnano Meditation Healing Centre

is a Tibetan Buddhist Temple
with a view on Lake Maggiore,
Northern Italy.

Known as the “Temple of Heaven on Earth”, it is
going to host our Conference, wonderfully
reflecting the spirit of Integral Yoga “Truth is
One, Paths are Many”.

 [Albagnano Healing Meditation Centre
Via Campo Dell' Eva, Bee \(Verbania\) – Italy.](#)

Accommodation

Hotel Premeno



At about 6 km from the Buddhist Centre, with
free shuttle service available during the day.

 [Hotel Premeno, Viale Bonomi 29, Premeno \(Verbania\) – Italy.](#)

Albagnano Meditation Healing Centre

Limited availability of dormitory beds with shared bathroom.

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Join us!

PARTICIPATION FEES

- Early Bird €450.00* (registrations by Jan. 31st, 2026)
- Full Fee €485.00* (up to May 10th, 2026)

Fees include:

- Full access to Conference program.
- Hotel: 4-night double/triple-room accommodation with private bathroom
[*Accommodation in Buddhist centre dormitories with shared bathroom provides €50.00 to €70.00 savings - limited availability].
- Food: all meals from May 29th dinner to June 2nd lunch.
- Buddhist Centre membership card.

Detailed travel information, room price list and payment methods to be issued November 15th, 2025. Stay tuned!

Facebook: Integral Yoga Europe • Instagram: integralyoga108

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