

analogue 2026

Kurt und Marie Madeleine Roth-Fauchère

*You need a steady wind to move forward.
But where it takes you is determined by your sails,
how they are set, how you reset them.*

My world, my ideas, are fundamentally different from *the* world, from reality. They are as different as a photo of a good meal and the good meal itself—representation and reality. Confusing these two is the root of endless misunderstandings, from personal relationships to the function of the world to the most subtle spiritual realms.

Of course, we must listen, read, and talk in order to navigate our complicated world. But all of this cannot touch *the* world, because it is beyond representation, beyond words, images, and ideas.

The Workshop

In *analogue* we illuminate the worlds – *mine* and *the* – and learn to touch *my reality*, to connect the worlds. There is a small part theory (lectures), but the vast majority is practice (meditation, . . . , hiking).

prerequisites

- You should already have some experience in practical self-reflection (meditation, QiGong, yoga, Tai Ji, . . .) and you should want to encounter yourself and your limits more intensively.
- Arolla is located at an altitude of 2000 m, the weather can be harsh (although it is usually mild and colorful in autumn), the paths are sometimes steep and narrow (but you never have to climb), and the accommodation is simple.

dates Two options (same structure and topics, each Sat–Sat (Mon))

- I: Sept. 26–Oct. 3 (5)
- II: Oct. 10–17 (19)

Starts at 6:30 pm on the first day, ends at 12:00 pm on the last day.

language de, fr, or en (we will decide this as soon as a group begins to form)

participants minimum 4, maximum 8

costs (all inclusive)

- 800 CHF: you bring your own sleeping bag, hand towels, and bath towels
- 830 CHF: bed linen, duvet, and towels included
- +160 CHF for optional two days

Program

components

1. understanding *the* and *my* world more deeply in order to see *myself*, a complex being in an even more complex world (lectures/discussions)
2. through the levels of calm to my original being (guided exercises and silent meditations)
3. perceiving the environment more directly and subtly (in the forest, by the river, on mountain trails) and exploring the transition from *my* to *the* world, experiencing the interplay between them
4. free time to integrate and expand experiences, to let go of everyday life, and to simply enjoy the autumnal mountain world
5. full-day activities on 1 or 2 days; options to choose from:
 - Mountain hike (depending on weather, up to over 3000 m)
 - [painting and meditation](#) (in french, but activity will be guided in english; additional cost of 50 CHF for materials, unless you bring your own)
6. *optional* — two additional days following the workshop, with group meditation and meals, no further program

We will spend one day in silence.

a typical day

- 7:30 silent morning meditation (20')
- 8:00 breakfast
- 9:00 lecture/discussion (K 1...1.5 h)
- 11:00 mental-spiritual exercises (MM 1...1.5 h)
- 12:30 lunch (small)
- 17:30 guided meditation (K 60')
- 19:30 dinner (large)
- 21:30 silent evening meditation (30')

Accommodation

Arolla offers a fascinating and inspiring, sometimes challenging, high alpine environment. Please bring warm clothes, several layers, sturdy shoes, and sun protection (hat, sunglasses, sunscreen). Please also see the [notes](#) on preparation and travel.

The workshop will take place at [Les Ecureuils](#) (Route du Vallon 5, CH-1986 Arolla), a large chalet at the entrance to the village.

You will sleep here in one of the dormitories, and you can choose whether you want to bring your own sleeping bag or have your bed made up.

eating We cook and eat together. The cuisine is vegetarian, but not vegan. If you have any special dietary requirements, please let us know. We will take them into account as far as possible.

meditating There are plenty of cushions, benches, mats, and blankets in the meditation room. However, you are also welcome to bring your own equipment. Outside of the “official” meditation times, the room is open for quiet and peaceful activities.

Information & Registration

Marie Madeleine (mm.fauchere@bluewin.ch) or Kurt (kurt.rothfauchere@bluewin.ch).

When registering, please indicate your preferred/possible dates and languages and any dietary requirements.