

retreat 2026

Kurt and Marie Madeleine Roth-Fauchère

In our noisy and rapidly changing world, moments of silence and tranquility are important. Your daily short meditation is the first step toward this, but you may feel the need to deepen the experiences you have gained.

I (Kurt) retreat once a month for at least three days, during which I am “turned inward”, quiet, simple, and focused on what I am doing in the moment. My [experiences and thoughts](#) on this may inspire you to retreat in your own way and at your own pace. If you want more of a push, or a different environment, then perhaps a retreat in a small group here in Arolla is something for you.

The Retreat

requirements

- This is *not* an introduction to meditation. You must already have your own experience with longer meditations.
The [departure point](#) gives you an introduction to the path we follow here. However, *this* retreat does not involve any teaching and you can use it on many paths.
- During the retreat, you turn *inward* to yourself. Apart from your own inner voice, there is no spiritual guide here. If you think you need external guidance for your path, you should look for a different environment.

dates → <https://arolla.net/lounge/>

language de, fr, en (since we don't talk much, this is not so important)

participants minimum 4, maximum 8

costs (all inclusive)

- 300 CHF: you bring your own sleeping bag, hand towels, and bath towels
- 330 CHF: bed linen, duvet, and towels included

Program

- Day 1, starting at 7 pm: dinner, introduction, discussion, evening meditation
- Days 2–4: retreat, silent (except for 1 hour of discussion per day), structured by meditation and meals, with (light) work in the kitchen and plenty of free time
- Day 5: morning meditation, breakfast with discussion, end at 9 am

framework for a day of retreat

- 4:00 am morning meditation I (30')
- 7:30 am morning meditation II (60')
- 8:45 am breakfast
- 12:00 pm lunch
- 2:00 pm afternoon meditation (60')
- 5:30 pm exchange
- 6:45 pm evening meditation I (60')
- 8:00 pm dinner
- 9:30 pm evening meditation II (30')

comments

framework All suggested activities are optional. If you want to sleep longer, you do so. The same for skipping a meal, or all meals, not feeling like sharing, additional meditation... you can move within and beyond the framework as long as you do not disturb others.

meditation can be quiet *sitting* in any tradition, as well as intimate *prayer*, again in any tradition. In this retreat, we usually meditate quietly, sometimes guided by short suggestions that always relate to *you*, not to any tradition.

free time With your free time, you can shape the retreat for yourself, for example, adapting the pressure that the long days create to your needs. Whatever you do during this time should be as quiet as possible (for others), conscious (for yourself), and it should help you to integrate your experiences and enable new ones.

- Good options are *sleeping, writing, drawing, painting, walking, . . . , meditating*, anything that is primarily *within you* and *comes from you*.
- *Reading, listening to music, . . .* can motivate and inspire, but use it sparingly and never as a distraction. If the urge to distract yourself arises, *it is better to give in to boredom*.
- *Talking on the phone, email, social media, . . .* is not helpful, nor is deep intellectual analysis and “processing” of your experiences. *Stay as intensely in the moment as possible*.

exchange Trying to capture your own experiences in contemplation and presenting them to others as inspiration can be valuable for everyone. These are not explanations, discussions, . . . , but rather “I have experienced this and wish to share it”, ideally from my heart to yours (*i shin den shin*), conveyed through words, or perhaps just gestures.

help During a retreat, unsettling or even frightening states can arise, as can completely new experiences. Sometimes help is needed at this point, and often it comes, with a slight delay, from within yourself. However, if you need more, both Marie Madeleine and Kurt are available for a conversation.

Stay

Arolla offers a fascinating and inspiring, sometimes challenging, high alpine environment. If you go hiking during your retreat, which is an excellent way to balance things out, you will need to bring warm clothes, sturdy shoes, and sun protection. Please also note the [information](#) on preparation and travel.

The retreat takes place at [Les Ecureuils](#), a large chalet at the entrance to the village.

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

meditate 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.

eat Marie Madeleine and Kurt will prepare vegetarian meals, and you will be asked to assist with clearing the tables and washing up. If you have any special dietary requirements, please let us know. We will take them into account as far as possible.

Information & Registration

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