

Karma Dechen Yangtse 2026

Bodhi Path Retreat Centre Bordo, Italy



Welcome to the Bodhi Path Retreat Centre in Northern Italy, near to the Swiss border.

After the winter break, Bordo opens its doors again end of March 2026. We offer a Dharma programme in four languages and the possibility for seasoned practitioners to do individual retreats in the retreat area of the village. Please read carefully before request the part on personal retreats at: bordo.org/dharma/retreats/.

For extensive information on the activities, on your stay and on how to arrive, please consult www.bordo.org.

Daily multilingual meditations are open to all: they start at 7:30, 18:00 and 20:00. On Sunday 20:00 you can connect to our Chenrezig puja by zoom: meeting ID 832 7783 5406, passcode 881848.

Early registration for both courses and retreats is necessary. Availability of single rooms is limited. The best way to contact us is by e-mail: bodhipath@bordo.org. Please note that e-mails are not processed daily!

Dharma-Programme Bordo 2026

23 March - 2 April: Meditation and Action
with the Bordo Team

The ideal time for all who want to combine Dharma practice and work in concrete everyday life.
Language for dharma talks: English.

3 – 6 April: How to Free Oneself from Disturbing Emotions and Develop Serenity and Inner Freedom
with Lama Drubtscho Wangmo (Susanne Schatz)

Working with disturbing emotions is first about seeing through and understanding these mental states that subtly poison and dominate our minds. On this basis, we can develop a more skilful way of dealing with them. The Dharma shows us a multitude of methods on different levels that help us to.
Course language: German.

25 April - 2 May: Zen Sesshin
with Zen teacher Inzan Soen Sa (Carsten Schier)

A sesshin is an intense time of Zen meditation in which we concentrate on posture, breathing, and the arising and disappearance of thoughts. The program includes four zazen sessions of about 2 hours per day, interspersed with community work and meals in silence.
Course language: German and English.

2 – 21 May: Loving Kindness and Compassion
Bodhi Path Retreat with Shenyen Lama Jampa

For three weeks Lama Jampa will practice together with us and give us daily teachings. We are very much looking forward to this auspicious time, which will give us many opportunities to connect with his experience and deep practice. It is possible for experienced practitioners to do a personal retreat under his guidance. Minimum stay for this is one week.
Language of the teachings: Tibetan, English

10 May: Open Doors
On mother's day we invite everybody for a contemplative, informative and sociable day. Village tours, introduc-

tion to Buddhism, guided meditations. The event is especially dedicated to the inhabitants of the Ossola valley and will be mainly in Italian language.

14 - 17 May: Purification and Blessing - the Practice of the 35 Buddhas
Bodhi Path Retreat with Shenyen Lama Jampa

During this prolonged weekend (ascension) Lama Jampa will give us extensive teachings for the practice of the 35 Buddhas, as it was especially recommended by the 17th Karmapa for our time.
Course language: Tibetan, English

23 - 24 May: Green Tara – Introductory Weekend
with Lama Chönyi and Lama Lodreu Wangmo

Green Tara is a female aspect of the wisdom energy of all the Buddhas and embodiment of active and immediate compassion. Lama Chönyi will give introductory explanations and practice the ritual together with us. To have taken formal refuge in the three jewels is mandatory.
Course language: German, English (please indicate)

24 - 30 May: Green Tara – Consolidation Retreat
with Lama Chönyi and Lama Lodreu Wangmo

During this intense practice-week we will receive in-depth teachings for the practice of Green Tara and for the 21 praises. Formal practice and teachings will alternate. It is not possible to come for single days and necessary to have participated in an introductory weekend.
Course language: German, English (please indicate)

30 May – 3 June: Development of a Calm Mind and Breathwork
with Dharma teacher Astrid Schünemann

We will practice Shine meditation, as taught by Shamar Rinpoche. There will be introductory explanations, which we will apply together in meditating for shorter periods of time. For about one hour a day we will practice gentle body- and breath exercises.
Course language: German

19 - 21 June: The Gradual Approach (Lam Rim) on the Way to Enlightenment
with Trehor Lama and the monk Cesare Milani



Nestled in the Italian Alps, in the Antrona Valley, lies the beautiful mountain village of Bordo. It is accessible on foot from Rivera da Viganella via a century-old path. The village was abandoned in the middle of the 20th century. A group of Swiss and German people began to repair the houses in 1982, encouraged by the advice of Shamar Rinpoche, who gave the project the name 'Karma Dechen Yangtse'. Many Rinpoches and Lamas have visited the place and have given teachings. In 2004 Thaye Dorje, His Holiness the 17th Gyalwa Karmapa, came to Bordo and gave initiations. In 2006 Kunsig Shamar Rinpoche visited and again emphasized the qualities of Bordo as a place for a profound and authentic meditation practice. The Cooperativa Bordo, owner of the place, gave suit to his request to become a Bodhi Path centre. At present Bordo is under the spiritual guidance of Lama Jigme Rinpoche, with whom the foundation Karma Dechen Yangtse is coordinating all dharma activities.



In the tradition of the Karma Kagyu and the Gelug lineage a gradual approach to buddhist practice is emphasised. Both teachers will base their explanations on fundamental texts of their lineage, continuing the teachings from last year. On Sunday afternoon: Milarepa Tsok Puja. Course language: Tibetan, Italian, ev. English

7 June – 4 July: Meditation with Mind, Breath, Body with Tengye and Carsten

The explanations on meditation are based on the teachings of Shamar Rinpoche. Attention on our breath and selected yoga asanas enable us to gain an open and relaxed meditation posture.
Course language: German

30 June - 17 July: Accompanied Individual Retreats with Lama Sherab Palmo

Under the expert guidance of Lama Sherab, individual meditation practice can be deepened during this time. There are regular common exchanges from which all practitioners benefit. Please register in time!
Languages: German, English

4 - 9 July: Meditation and Movement - Relaxation for Body and Mind with Lama Sherab Palmo and Kerstin Bahra

Body and mind are closely connected and influence each other. With the gentle body exercises of Tibetan healing Yoga an intensive body awareness results. The course is also suitable for beginners.
Course language: German

11 – 12 July: Lojong Days for Italian Practitioners Bodhi Path Retreat with dharma teacher Tengye

During these days we will deepen Shine Meditation together and the exchange of ourselves with others (Tonglen) on the basis of Shamar Rinpoche's advice.
Course language: Italian.

1 – 8 August: Lojong for Difficult Times – Give them the Victory and Take on Yourself the Loss – without Losing Yourself Bodhi Path Retreat with Lama Tsony

In a world where extremes are getting stronger we will

not forget that we are on the middle way. A way where we are not seduced by extreme solutions which promise us a better life or try to find enemies to divert us from the problems we ourselves created. We will embrace neither ideologies nor delve into nostalgia but resolutely look for what matters: bodhicitta, the mind of awakening.
Course language: English.

8 - 15 August: Family Week in the Buddhist Village of Bordo

Children, teenagers and parents experience a stimulating and varied week together in a mountain village close to nature with its beautiful surroundings.
Inscription on: bordo@bordo.org

15 - 29 August: Accompanied Individual Retreats with Lama Rabsel

During the whole time Lama Rabsel will accompany individual retreats. A precious opportunity to deepen your meditation practice. Minimum stay is one week. To do a single retreat you already need a stable buddhist practice which you wish to deepen.
Languages: Italian, French and English

22 – 23 August: Chenrezig Weekend for Italian Practitioners with Lama Rabsel

This weekend is dedicated to the Buddha of compassion, Chenrezig. His mantra OM MANI PEME HUNG connects us with our innate qualities of loving kindness, compassion and wisdom. Explanations, meditations and questions and answers will alternate.
Language: Italian

29 – 30 August: Lojong Days for Italian Practitioners Bodhi Path Retreat with dharma teacher Tengye

With our practice we wish to change harmful habits and develop and cultivate beneficial qualities. Teachings are based on the advice of Shamar Rinpoche. There will be ample room for exchange and personal questions.
Course language: Italian.

