

Vipassanā Meditation Retreat

Guided by Phra Maha Somphob Bhūriñāṇo

Dates	19–21 June 2026
Venue	Casa d'Espiritualitat Marc Castanyer, Catalunya
Duration	3 days · 2 nights
Language	Thai with consecutive Spanish translation
Tradition	Theravāda · Thai Forest Tradition
Places	Limited

The teacher

Phra Maha Somphob Bhūriñāṇo was ordained at Wat Yanavesakavan (Sam Phran, Nakhon Pathom, Thailand) in the year 2554 (2011). He currently resides at Samedharama Monastery in Ericeira, Portugal.

A meditation teacher specialized in the development of samatha (concentration) and vipassanā (clear seeing), Phra Maha Somphob teaches in the lineage of the Thai Forest Tradition — a path that emphasizes the direct cultivation of mindfulness and wisdom through silent practice in community.

About the retreat

This retreat is organized by the Comunidad Budista Bosque Theravāda (CBBT) in collaboration with Paññāgiri. It is open to:

- Members of the Thai community resident in Spain
- Spanish and Catalan-speaking practitioners interested in the Thai Forest Tradition
- International practitioners with prior connection to Theravāda Buddhism

You do not need previous retreat experience to participate, but you do need to commit to the full duration, observe Noble Silence, and follow the Eight Precepts during the three days.

What the retreat includes

- Single room with private bathroom
- Two daily meals + a light dinner the first evening
- Use of the meditation hall throughout the retreat

- Teachings from the master, with Spanish translation
- Q&A sessions and informal time with the teacher

Programme

Friday 19 June	
16:00 – 18:00	Arrival and registration
18:00 – 18:30	Light dinner
18:30 – 19:00	Orientation
19:00 – 21:00	Meditation · Dhamma talk · Q&A
Saturday 20 June	
05:00 – 07:00	Wake-up · Chanting · Sitting meditation
07:00 – 07:45	Breakfast
08:30 – 11:30	Walking and sitting meditation · Dhamma talk
11:30 – 14:00	Lunch and rest
14:00 – 17:00	Meditation · Q&A
17:00 – 19:00	Tea · Qigong · Rest
19:00 – 21:00	Meditation · Dhamma talk · Q&A
Sunday 21 June	
05:00 – 11:30	Morning programme (as Saturday)
11:30 – 14:00	Lunch and rest
14:00 – 16:30	Final meditation session
16:30 – 17:00	Closing
17:00 – 18:00	Farewell · Informal Dhamma conversation

Language and translation

The teachings will be given in Thai with consecutive Spanish translation by a qualified interpreter. Periods of silent meditation (sitting and walking) require no language. Questions may be asked in Spanish or Catalan and will be translated to the master.

Contribution

In keeping with the monastic tradition, the teachings of the master are offered freely through dāna (voluntary donation). Once your registration is received, the organizing team will contact you by email within 3–5 days to confirm your place along with details regarding the contribution towards accommodation and meals.

How to register

Places are limited and assigned in the order they are received, after confirmation by the organizing team.

Register here: <https://forms.gle/NghDeN9goJ2L4EVa7>

For questions or further information: retreat@panyagiri.info

Frequently asked questions

Do I need to speak Thai?

No. Teachings are translated into Spanish; questions may be asked in Spanish or Catalan. Silent meditation requires no language.

Do I need previous meditation experience?

No prior experience is required, but participants must commit to the full three days, Noble Silence, and the Eight Precepts.

What should I bring?

Comfortable clothing in modest colours, a meditation cushion if you prefer your own, toiletries, a refillable water bottle. The venue provides bedding.

Can I leave during the retreat?

The retreat is a continuous practice from Friday afternoon to Sunday evening. Participants are asked to stay for the full duration.

What is dāna?

Dāna is the Pali word for "generosity" or "voluntary giving." In the Theravāda tradition, monastic teachings are never sold; they are offered freely and sustained by the voluntary support of practitioners. It is a practice of generosity — not a fee.