

From April 22nd to April 26th, 2026

IGD Gathering at the MonViso Institute (MVI)

An invitation for Re-Connecting, Re-Generating, and
Re-Membering Our Place in the Living World



A call to pause

Sometimes, in the midst of our busy lives, we feel a quiet calling to slow down — a reminder of what nourishes us: place, people, the living world, and our own breath.

This event is a co-created, non-profit gathering space for the IGD community, offering an open environment for inspiration and collaboration, for sharing experiences and coming together as a community.

When: April 22–26, 2026

Schedule: Begins at 5:00 PM on April 22 and ends after lunch on Sunday, April 26

Where: Italy, Piedmontese Alps, village of Ostana, in the surroundings of the Monviso Institute (MVI) at 1.500 m asl

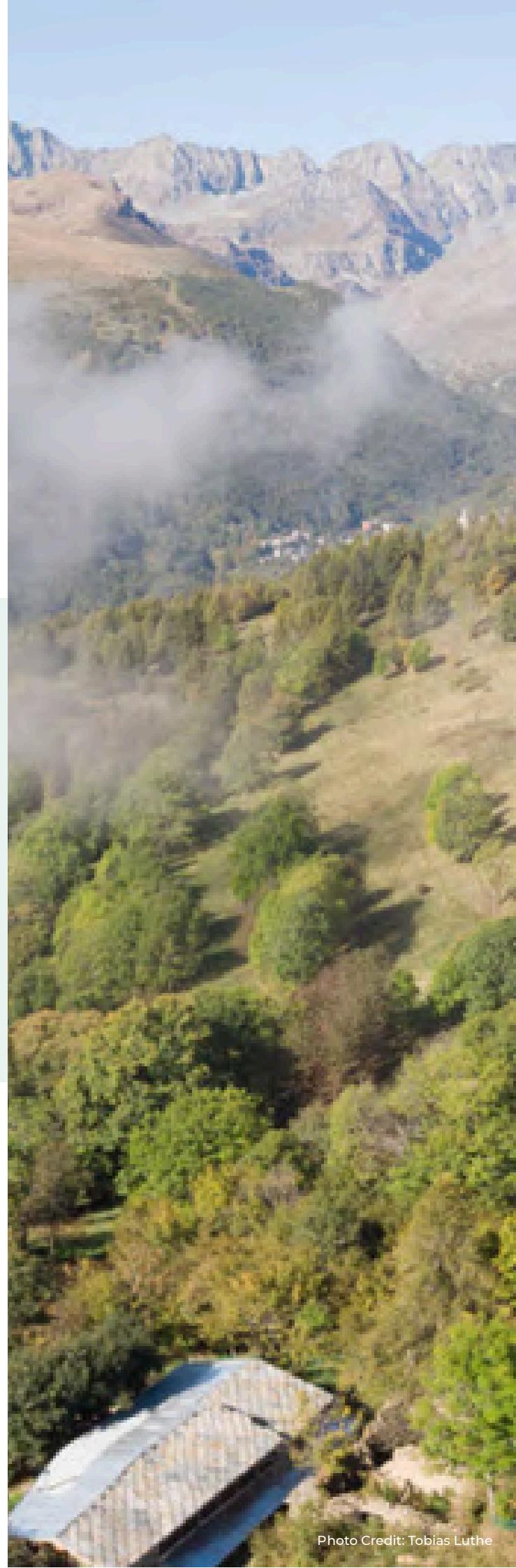
Group size: max. 25

Cost: 300 - 700 EUR, depending on choice of accommodation and number of participants

WHY WE GATHER:

We gather to:

- Re-connect with our bodies, our breath, and the wider body of nature
- Re-generate our sense of purpose, clarity, and resilience
- Re-member that we are part of living systems and can live and act from that awareness
- Re-treat from the noise that draws us away from what really matters.



AN INVITATION FROM THE HEART

If something in you is yearning for depth, for clarity and for a different pace, if you feel the need to center and ground yourself, supported by majestic mountains, wide views and the sound of clear waters, if you feel the wish to reconnect with yourself in community, of remembering what is essential to you, this gathering is for you.

Come as you are. Bring your questions, your ideas, your hopes. Bring whatever story is living in your chest.

Together, we will re-generate the fertile soil from which meaningful action can grow.



THE MONVISO INSTITUTE (MVI)

This IGD gathering takes place at a Living Systems Lab of the MonViso Institute (MVI) in the Italian Alps, a living systems lab and bioregional weaving hub for research, education, design, art, entrepreneurship, inner development and new living on holistic resilience and regenerative systems design.

MVI is the partner of ETH Zurich's Systemic Design Lab to add a real-world lab facet to academia, to develop holistic approaches to research, design and practice on place-specific regeneration and to co-offer the DRRS learning program together.

Located at the "Serre Lamboi" Frazione of the Ostana village in the High Po River Valley of Italy, the campus features an outdoor amphitheater, fireplace with pizza oven, forest/ permaculture garden, bees, and other regenerative projects. The MVI team will provide guidance about the project.

The Alpine setting and stunning mountain views invite for spending much time outdoors. Weather permitting, mornings will include nature-based practices on and around the campus. We will have access to the Cultural Center 'Lou Portoun' as a cozy indoor space. We will explore the diverse range of village projects and maybe hike up to the source of the river Po.



What We Will Do Together:

Our time together will unfold organically, but be gently held by a few anchors:

- **Embodied Practices**

Morning grounding, breathwork, somatic sensing, and quiet walks that help us return to our bodies and the larger body of nature.

- **Spacious Conversations**

Circles of sharing where stories arise naturally, where listening is valued over answers, and where silence is welcomed as part of the dialogue.

- **Nature Immersion & Solo Time**

Moments to wander, sit with the land, journal, or simply be with the more-than-human beings who inhabit this place.

- **Collective Reflection**

Exploring who we want to be in these times and what we feel called to bring into the world - not as a task, but as an offering.

- **Community & Belonging**

Gathering with like-minded humans who are walking parallel paths of inner growth, climate engagement, and regenerative practice.

This is a **co-created gathering**.

Your presence, your way of listening, your stories and your silence, your engagement - all matter.

GATHERING INVESTMENT

The total cost of the event depends on the accommodation you choose.

Fixed Fees for All Participants: 275 EUR total

Includes:

- Food: 200 EUR (3 nourishing meals per day + drinks)
- MVI Campus Fee: 75 EUR depending on participants number

Accommodation Options

You choose the option that fits your comfort and budget:

A. Booking through MVI (Foresteria & Appts.)

Payment is made after the retreat (cash or card).

- Shared room: 27 EUR/night → 108 EUR total + 10 EUR bed linen, if needed
- Apartment 1 (1-2 people): 90 EUR/night → 360 EUR total
- Apartment 2 (2-3 people): 120 EUR/night → 480 EUR total

3 Apartments "Lou Batent" (1-3 people/couple): 50-80 EUR/night → 200-320 EUR total

B. Independent Booking

You choose and book your own accommodation and pay directly. Approximate prices:

- Airbnb 70-105 EUR/night → 280-420 EUR total
- Agriturismo: 80 EUR/night → 320 EUR total
- Galaberna rooms: 50 EUR/night (1-2 people) → 200 EUR total. Shared option: 30-40 EUR/night → 120-160 EUR total

Prices may vary slightly depending on platform, season, and availability.

C. Camping & Vans (Lowest-Budget Options)

- Camping (Galaberna): 5 EUR/night → 20 EUR total (Note: Nights in April can be cold)
- Van / Camper: approx. 20-30 EUR total (Toilets and showers available onsite)

More Info about the Accommodation [here](#).



Photo Credit: Tobias Luthe



TRAVEL & ACCESS

International travel: The MVI campus can be reached by train/bus to Torino and then by train to either Savigliano or Pinerolo, followed by a shared, organised taxi ride of one hour uphill into the Commune di Ostana.

Closest airports are Torino and Milano. If you come by car, there is some parking space in the village. Car sharing or public transport are encouraged to keep the village free from traffic. Overall, we encourage you to arrive by public transport, if slow traveling is feasible for you as a means of respect for the environment and the calm of the villagers.

Local transport: During the course, distances between the MVI campus, the main village and accommodations can be walked or cycled on mountainous trails, or the winding road. Count in distances of about 20 -30 minutes walking up and downhill. More info [here](#).

Bringing an E-bike is ideal, or can be rented in place at an additional cost, same as regular bikes. Where feasible, the MVI team will help us with car transport in the village. Extra transportation outside the village (e.g. excursion by van to the river source hike) is subject to additional costs.

REGISTRATION

To keep this gathering intimate and grounded, we are opening registration first to our close circle.

You can register [here](#).

The deadline for registration is January 30th, 2026.

After this date, we will open remaining spots to the wider Inner Green Deal community.