



Albagnano Healing Meditation Centre

Karma Yoga Practitioners

FAQ (frequently asked questions)



*Inner peace
is the most solid foundation
for world peace*

Lama Gangchen Rinpoche



1. Who are we?

Albagnano Healing and Meditation Centre is a Buddhist residential centre administered by the Kunpen Lama Gangchen “Institute for the propagation and study of the Himalayan Healing Tradition and of the Buddhist Mahayana-Vajrayana philosophy”. The Kunpen Lama Gangchen is a member of the Italian Buddhist Union (UBI), the European Buddhist Union (EBU) and member of the Religions Forum in Milan.

The Kunpen Lama Gangchen (KLG) also cooperates with the [‘Fondazione Help in Action ONLUS’](#) that works for humanitarian aid and long distance adoptions in the himalayan regions.

The Kunpen Lama Gangchen is run mainly by Karma Yoga practitioners who donate their time to support all the activities and services to the members.





2. Where are we?

We are located near Bée in the province of Verbania on Lake Maggiore in Italy. Overlooking the inspiring panorama of the lake, Albagnano is immersed in pine and chestnut woods at an altitude of 600 meters, situated between two national parks: [Val Grande National Park](#) and the [Holy Trinity of Ghiffa](#). Guests can enjoy breathtaking views, pure air and peaceful silence. In addition, our reception can provide you with more information on lake tours, mountain hikes, hot springs and spas.





3. Who can apply for Karma Yoga ?

The Centre is open to anyone interested in learning about Buddhist philosophy and the Ngalso tradition¹.

We welcome those who would like to take part in our daily practices, courses and initiations, to have some rest from daily life or learn about regenerating and healing energies of body and mind, and developing their human potential through ancient spiritual and healing² methods.



¹ Ngalso Lineage <https://www.youtube.com/watch?v=XMVRc3tpEjM>

² Any of the healing techniques used in the Centre are not intended to replace medical health treatments. The healing is intended as a spiritual medicine that treats the mental defilements such as ignorance, anger, selfishness...



4. *What means to be a Karma Yoga Practitioner?*

To be a Karma Yoga practitioner consists in supporting the Albagnano Healing Meditation Centre daily activities by donating your time. Karma Yoga is an ancient powerful practice to accumulate positive energy and purify our own defilements and negativities³. It is a meaningful way to actively practice, integrate and meditate on Buddhist teachings and an opportunity to help the Centre to function, grow, spread the Dharma⁴, Lama Gangchen Rinpoche's, Lama Michel Rnpoche's and Lama Caroline's teachings.



³ such as: ignorance, unlimited desire, hatred, miserliness, fear

⁴ Dharma refers to the Buddhist teachings. Ask the Lamas: Lama Michel answers 'What is the Dharma'. (Activate the subtitles):

https://www.youtube.com/watch?v=BdV_AQIEWQQ&list=PLcDhyIECBMuNeR8s_obmEVMuDKJJ70rRc&index=8



5. What tasks I am expected to perform?

Depending on events and the season, Karma Yoga practitioners could be assigned to a variety of tasks including kitchen, cleaning, graphic department, garden and forest, or office tasks.

Although we keep in consideration your background and expertise, we count on your flexibility to offer your time in the areas where support is needed.

We believe that all the activities have the same importance and value, as the main motivation should be to support and spread the Dharma and to develop our inner qualities through any activity.

6. Do I need to be a member of the Association?

Yes, the KLG membership card is a legal requirement for all that frequent Albagnano Healing Meditation Centre (AHMC). It consists of a 30 euro yearly fee that allows the entrance to all our facilities, services and the right to vote in the yearly Association assembly.

In order to be a member of the association, you are kindly asked to follow our *Kunpen Lama Gangchen Code of Conduct*.

<https://kunpen.ngalso.org/wp-content/uploads/2023-10-VirtuousGuidelines-KarmaYoga-ENG-ITA.pdf>



7. What the Albagnano Healing Meditation Centre offers to Karma Yoga practitioners?

The opportunity to serve the Dharma

“It is a precious opportunity to put ourselves in the service of a greater benefit that transcends the needs and the wants of the I and the mine.”

Lama Michel Rinpoche

To be a Karma Yoga Practitioner is a unique opportunity to be fully immersed in the Buddhist community created by Lama Gangchen Rinpoche and guided by Lama Michel Rinpoche, to support its activities and, at the same time, to enjoy all the benefits offered by the Centre.





8. What are the Karma Yoga Study and Practice Programmes?

In order to enrich your experience as well as the events advertised on the AHMC website, you are welcome to attend the weekly programme: morning inspirations teachings once a week with Lama Michel Rinpoche, daily Guru Puja and Self Healing meditations, other buddhist practices, tibetan language study groups, Bodywork and Yoga classes.





Housing and food

For KY practitioners, accommodation is offered in the centre's facility or in houses in the village of Albagnano, a few minutes' walk from the Centre. You share the dormitory, male or female, with other Karma Yoga practitioners. Bed linen and towels are provided by the Centre.

Breakfast, lunch and dinner are vegetarian and are served in the Center's cafeteria.





9. What a KY practitioner is asked to do?

All Karma Yoga practitioners are kindly asked:

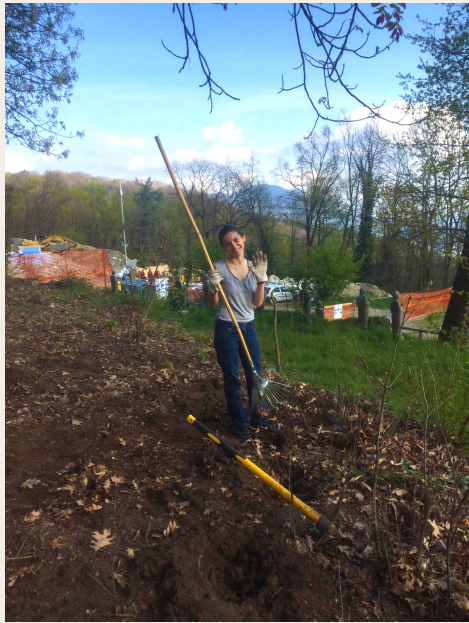
- to follow the *AHMC Virtuous Guidelines* (a copy will be provided upon arrival),
- to be a member of the Association with a yearly membership card (30 €),
- to dedicate six hours per day, six days a week for a minimum period of three weeks and a maximum of four weeks,
- to contribute with €50 weekly fee, (25€ if resident in a Latin-American country),
- to participate in the program activities and meetings,
- to aim for high standards of reliability and quality in all aspects of contribution,
- to engage in a pleasant and friendly atmosphere.





10. What if I would like to help, but less hours or less days?

If you are available for a limited period of time (e.g. two to five days) you can apply for DAY Karma Yoga: three hours of free collaboration per day – that could be arranged outside teaching hours – and a 50% discount on lunches price. You will then have to cover your accommodation costs and the yearly membership card (30 €).





11. ...and if I prefer to sleep at Atikiana B&B⁵?

Yes, it is possible. You can sleep and have delicious healthy and homemade breakfast at *Atikiana B&B* ! Nevertheless, if you commit to be a KY practitioner, your commitments remain the same as a general Karma yoga practitioner but you will be asked for higher weekly contribution.

This option is subject to availability in our shared rooms and for a maximum period of one month.

12. ...and if I'd like a single room?

If you prefer to be alone and in our B&B, you can enjoy Atikiana VIP Karma Yoga. Nevertheless your commitments remain the same as a general Karma Yoga practitioner but you will be asked for VIP weekly contribution.

Maximum period one month – based on room availability.

13. ...If I'd like to collaborate during events and big ceremonies?

Only available when a big event has been announced and published on our website. For more information about the event, requirements and conditions, contact us: hr@kunpen.it

⁵ the AHMC Bed&Breakfast.



14. I would like to offer my expertise and talents!

If you have already been a Karma Yoga Practitioner in one of our centers or worldwide sanghas and if you are following and familiar to the Ngalso lineage and teachings, you are welcome to collaborate in our centers or from home/remote as skill-based Karma Yoga.

Kunpen Lama Gangchen is growing rapidly! You may find a variety of opportunities to offer within your field of expertise, and activities include: IT, Graphic design, video editing, proofreading, transcribing, translation, accounts.

15. I'm not an European citizen

We welcome all, however we do not issue invitation letters for VISA purposes. We kindly ask non-European citizens to get medical insurance covering the Karma Yoga period, and to provide us with a copy prior to your arrival.

16. I'm in a critical situation, I have mental problems or I'm following a psychotropic drugs treatment, could I benefit from the Karma Yoga Practice?

We understand that everyone could encounter difficulties and mental instability during life. We would like to offer a safe place where people can get a break and get stronger to go back to their reality but our Karma Yoga practice requires mental stability, maturity and independence.

If you feel fragile and need daily support and care we won't advise you to engage in a Karma Yoga practice, instead you can visit our center, participate and relax in our environment.

Instead, if you are able to follow daily tasks and live within a community, we can evaluate together whether it is beneficial for your situation to engage in Karma Yoga activities.

If you are under psychiatric treatment, you are strongly requested to continue it: the Karma Yoga activities as well as the Self Healing practices are not intended to replace it.



17. Would it be possible to meet the Masters?

Yes, as long as they are in Albagnano you will have opportunities to be in their presence, offer a Katha⁶ and receive blessings.

kunpen.ngalso.org/en/masters-and-teachers/



We encourage you to consult the calendar on our Website:

kunpen.ngalso.org/programma-albagnano/

⁶ Tibetan traditional silk scarf to greet the Masters.



OK, I'd like to engage in AHMC Karma Yoga community!

If you are interested in joining us, we would ask you to complete the [online application form](#). (In case we do not have availability we will encourage you to apply for another time.

If you are selected, we will contact you for an interview (video call with google or whatsapp) in order to know each other better and to respond to any enquiries.

We do not accept applications for more than a one month stay. Nevertheless once in Albagnano, we could evaluate together the possibilities to extend further.

Once in Albagnano

Even if accepted, you will have a trial period. Nevertheless, both parties have the right to conclude at any moment the Karma Yoga experience!





How to get here:

<https://kunpen.ngalso.org/en/albagnano-healing-meditation-centre/how-to-get-there/>

Important information for visitors with limited mobility

If persons with reduced mobility wish to arrive by car, it is important that the arrival point is the car park closest to the centre. To get there, drive along the main road: from Verbania follow the signs for **Premeno** along provincial road 55 to **Bee**. In Bee at the Cinni Bar turn towards **Albagnano**. After about 1,200 metres in Albagnano, follow the signs for the car parks and the Temple (follow signs for Consegne (delivery)).

People with wheelchairs must make arrangements in advance so that access by car can be organised directly to the Centre, which has a lift to reach the upper floors of the building. Please contact reception if you have any doubts or questions about access or if you need help getting your luggage out of the car.



TASHI DELEK!

Peace with everything, everything with peace, please!

Lama Gangchen Rinpoche