

**International
Walk 2025**





INTERNATIONAL WALK



NOVEMBER 29, 2025

11 AM

120 PLACES

27 COUNTRIES

Aarhus, Denmark
Aix-en-Provence, France
Amsterdam, Netherlands
Annecy, France
Antibes, France
Ardèche, France

Atlanta, USA
Aubagne, France
Barcelona, Spain
Basel, Switzerland
Beauregard-et-Bassac, France
Berlin, Germany
Bielefeld, Germany
Bonn-I, Germany
Bonn-II, Germany
Bordeaux, France
Bogota, Colombia
Boston, USA
Bremen, Germany
Brienz, Switzerland
Brighton, England
Buenos Aires, Argentina
Burghausen, Germany
Calgary, Canada
Casale Monferrato, Italy
Cefalù, Italy
Cologne, Germany
Colorado Springs, USA
Dallas, USA
Edinburgh, Scotland
Edmonton, Canada
Essen, Germany
Florence, Italy
Fort Collins, USA
Frankfort, Germany
Franklin, USA

Freiburg i.B., Germany
Fuente, Spain
Gades, Spain
Galapagos, Ecuador
Galway, Ireland
Granada, Spain
Greensboro, USA
Greve/Copenhagen, Denmark
Göttingen, Germany
Hamburg, Germany
Hanoi, Vietnam
Hannover, Germany
Hares, Palestine
Heiligkreuzsteinach, Germany
Jerez de la Frontera, Spain
Jerusalem, Israel
Karlsruhe, Germany
Lakewood, USA
Lancaster, England
La Seyne-sur-Mer, France
Leipzig, Germany
Los Santos, USA
Lyon, France
Madison, USA
Marseille, France
Massac-Seran, France
Masserberg, Germany
Medellín, Colombia

Melk, Austria
Mexico City, Mexico
Milano, Italy
Minneapolis, USA
Montpellier, France
Montreal, Canada
Mouvaux, France
Munich, Germany
Murat, France
New York City, USA
Neuhöfchen, Germany
Niort, France
Nivelles, Belgium
Nottingham, England
Osnabrück, Germany
Perugia, Italy
Pflaumfeld, Germany
Phnom Penh, Cambodia
Poschiavo, Switzerland
Poznan, Poland
Prado del Rey/Cádiz, Spain
Prague, Czech Republic
Raleigh, USA
Ravensburg, Germany
Regensburg, Germany
Rennes, France
Rishikesh, India
Roermond, Netherlands
Roma, Italy
San Antonio, USA

San Fernando/Cádiz, Spain
San Francisco, USA
Santa Cruz, USA
Santa Marta, Colombia
Sevilla, Spain
South Lake Park, USA
Spearfish, USA
St. Petersburg, USA
State College, USA
Strasbourg, France
Stuttgart, Germany
Taksin Maharat, Thailand
Thénac, France
Torino, Italy
Toulouse, France
Tucson, USA
Ulcinj, Montenegro
Valencia, Spain
Vancouver Area, Canada
Vicenza Area, Italy
Vienna I, Austria
Vienna II, Austria
Waldbröl, Germany
Würzburg, Germany
Zurich, Switzerland





**Boston
USA**



**Ardeche
France**



**Francfort
Germany**



**Hamburg
Germany**



**Copenhagen
Denmark**

*The small actions of building community:
walking together, singing together, smiling,
can build the power of change in the world
to resolve climate crisis and contribute to social justice.*

Tucson, USA



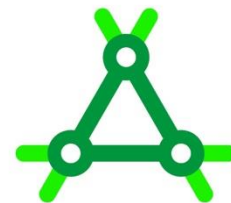


This year we had the chance to organise the walking meditation in an very auspicious place, in the jungle around the oldest tree of Thailand at the Thaksin Maharat Nationalparc.

Together with 5 people we had a very deep nature experience going around this magnificent tree.

We carried the whole international walking meditation Sangha in our hearts and felt really connected.

Thaksin Maharat , Thailand



Brienzen
Switzerland



Vicenza
Italy



Waldbröl
Germany



Torino
Italy



Prague
Czech Republic

We walked for one hour and half inside the "Parco della Pace", we did 4 stops during which texts and poems about peace have been read and we sang songs.

The peculiarity of the recently inaugurated Parco della pace is that it stands adjacent the second US military base in the city of Vicenza: in this way our peace steps have had an additional meaning and value!

Vicenza, Italy



For me, even after many Wake Up tours and several walks in public, nothing was quite like this.

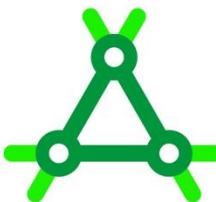
It was truly a life-changing experience.

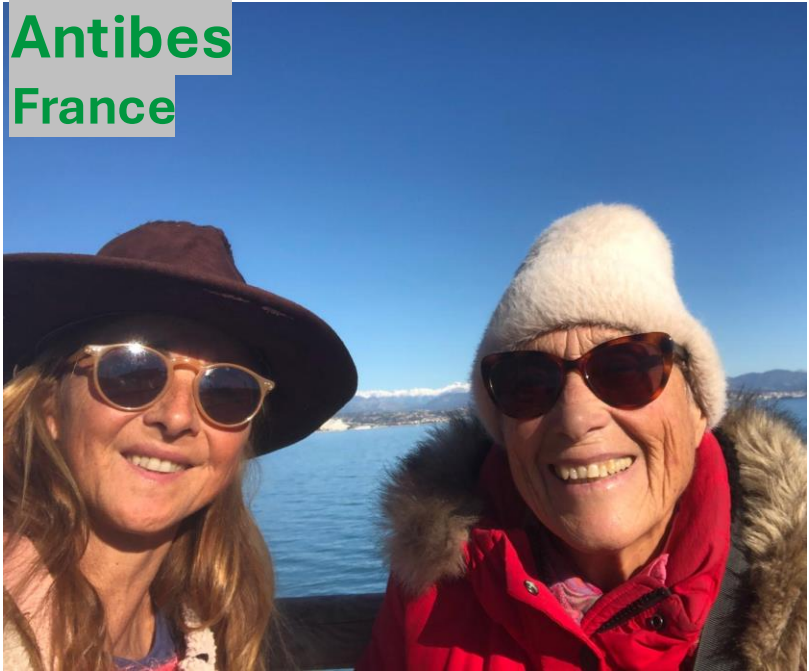
There were so many tourists on our route, and so much happening, often making it impossible to walk, that it stood in stark contrast to the inner peace and stability that was also present.

It was truly like being a peaceful eye of a hurricane.

It fills me with confidence that if I can be so stable and calm amidst all that, then there should be nothing else I face in life that I can't be truly present for.

Prague, Czech Republic





** Small Action → Act of Togetherness*

** Recall a moment when you felt the power of connection.*

** Let this feeling be present for one conscious breath.*

Such tiny moments can nourish a sense of deep belonging.

Basel/Switzerland





Berlin
Germany



Casale-Monferra
Italy



Bielefeld
Germany



Stuttgart
Germany

- * The group's energy carried me.*
- * Step – Arriving – Step – Arriving – Step – Walk–Arriving – Arrived*
- * Not needing to be perfect – lightness*
- * Beauty of the bare trees – connection with the forest Sangha*
- * Smiling benevolently at my imperfections*
- * Giving my best, letting go of expectations*
- * So simple and unpretentious – so clear*

Bielefeld, Germany





Colorado Springs
USA



Bremen
Germany



Calgary
Canada



Edmonton
Canada

Walking in Noble Silence offered an opportunity to ground the beginning of the holiday season in mindfulness and equanimity. .

Colorado Springs, USA



Heiligkreuzsteinach
Germany



Florence
Italy



Pflaumfeld
Germany

Cologne
Germany





Medellin
Colombia



Phnom Penh
Cambodia



Würzburg
Germany



Spearfish
USA



Ulcinj
Montenegro

*"We are the current walkers,
caretakers of this path our ancestors opened
and our descendants will continue.*

*Each step is an opportunity to transform the suffering
we inherited, to cultivate the wisdom we inherited,
to nurture our true nature"*

Medellín, Columbia



Brighton
England



Mexico City
Mexico



Vienna
Austria

Rome
Italy



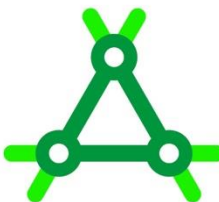
We organized the walking meditation this year on one of Austria's most prestigious shopping streets: Kärntner Straße.

Our group of nine people (from mindfulness veterans to beginners) began by reading the contemplations for this year's theme.

We then began the walking meditation — passing strong contrasts, from homelessness to fur coats. We were identifiable by lanyards with this year's flyers.

We tried to stay with ourselves and connected to our breath, walking mindfully, step by step.

Vienna, Austria

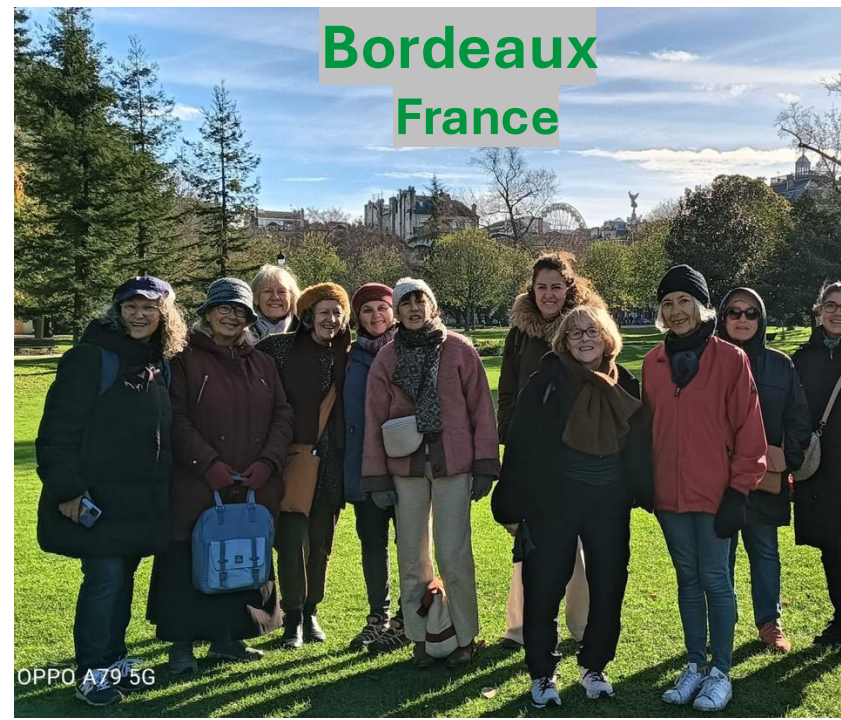


*Halfway through our journey,
we invited the rivers of ancestors
that have walked the earth to help us
acknowledge the power in small actions
like a single step —becoming conscious of
and honoring all the conditions that have made it
possible for us, as human beings.*

*We practiced this through a very slow
and mindful walk, followed by a beautiful picnic
and heartfelt sharing in this vibrant
green lung of life, right in the middle
of one of the largest and most crowded cities in the world.*

Mexico City, Mexico





*Each of our steps represented a small action,
a drop contributing to our flow,
nourishing it and allowing it to reflect reality.*

*During the sharing afterward under a magnificent
green oak tree, we spoke about walking with or for
those who suffer from war or other difficulties,
as well as our own small actions for peace —
in the world and with our loved ones.*

Montpellier, France



(A) Small actions reminded people of Random Acts of Kindness.

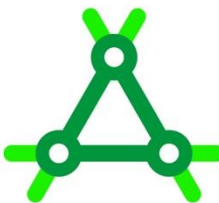
(B) The need to love those who do evil was shared.

(C) Small actions include mending clothes/making something whole again.

(D) Opening our hearts and helping others can require effort on our part.

(E) It's important to be present for myself so I can be present for others.

Lakewood, USA





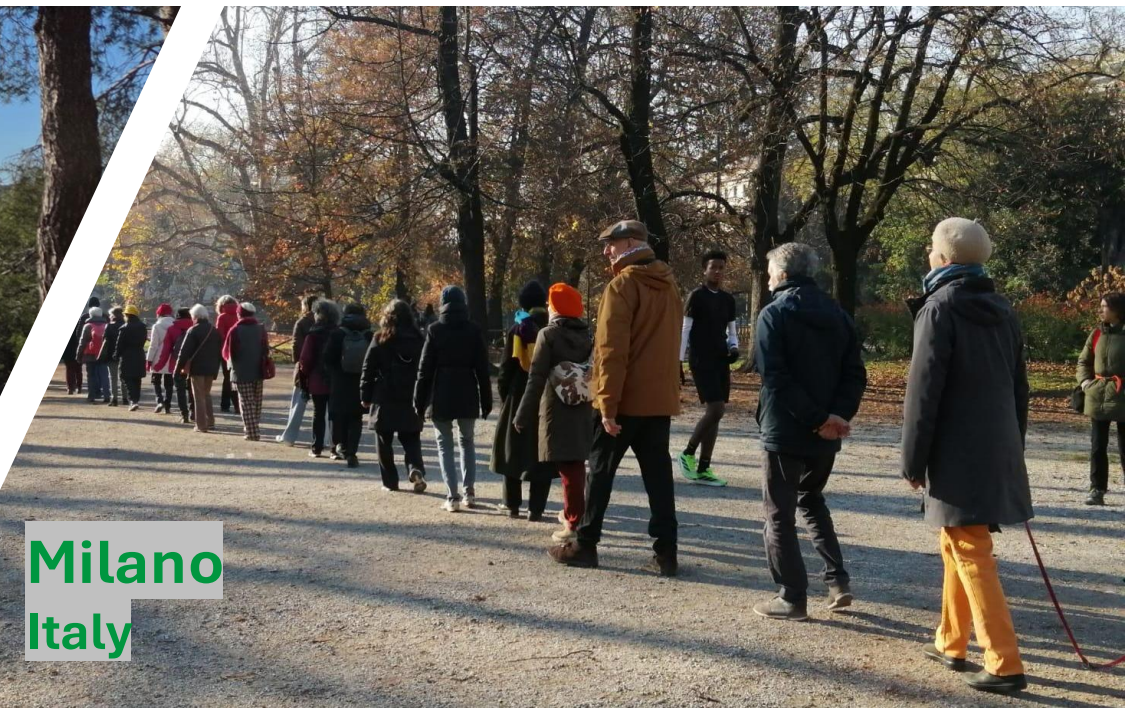
Hanover
Germany



Hanoi
Vietnam



La-Seyne-sur-Mer
France



Milano
Italy

Contemplations on the Power of Small Actions I

May I become aware of what I am sending out into the world.

*May I patiently plant and nurture wholesome seeds,
and not hope for quick success.*

May I reflect on the power of my actions – my thoughts, words, and deeds.

May I deeply understand that no wholesome act is ever lost or meaningless.

May I not rush past the small joys of the day.





Contemplations on the Power of Small Actions II

May I do my best and then let go of my expectations.

May I free myself from the pressure of having to save the world alone.

May I anchor small acts of loving-kindness in my life and turn them into habits.

May I learn to touch happiness in simple things and in everyday encounters.

May I smile kindly at my imperfections again and again throughout the day.





Ravensburg
Germany



Leipzig
Germany



Nottingham
England



Niort
France



Raleigh
USA



Poschiavo
Switzerland

Save the Date for International Walk 2026

November, 28

Topic will be announced around June 2026

May all beings be happy!

