



SHIVOHAM : a Journey into Bliss and Silence and messages from the Masters

through simple practices and ancient wisdom from India

A SPACE TO BE WITH ONESELF
and LEARN FROM THE WISDOM
FROM INDIA AND ITS
ANCIENT SCIENCES AND TRADITIONS

.....

conducted by Manish Vyas

Music
Meditation
Introspection
Breathing
Relaxing
Re-connecting
Enjoying
Being



Migliaglia, Ticino, Switzerland
Friday 4 November - Monday 7 November 2022

Conductor / Kursleitung
Manish Vyas
Assistant: Sa

Dates -times / Datum & Kurszeiten
Check in: Nov. 4 at 14,00
Start: Nov. 4 15,00 / End: Nov. 7 12,00

Place / Ort
www.casa-santo-stefano.ch
Via alla Chiesa 25, 6986 Migliaglia, Ticino, CH

Cost / Kurskosten
CHF 370 Tuition
Advance payment 1 month in advance

Accommodation / Unterkunft:
Casa Santo Stefano CHF 100 per night
(aprox. depending on the room)
Plus 3 Veg. dinners: CHF 75
You get an exact price proposal
when you make your inquiry:
Angeli: info@casa-santo-stefano.ch
+41 91 609 19 35

Meals: Dinner on Friday, Saturday, Sunday -
Brunch on Saturday, Sunday, Monday -
Afternoon cake on Saturday, Sunday.
Tea/Coffee/Fruits offered always.

Want to reserve? >> info@casa-santo-stefano.ch

Yoga mats, pillows, blankets are provided
but you can bring your own if you prefer.

Questions about the program? >> namaste@manishvyas.com
manishvyas.com

Our agenda is very compact and designed to make most of the time that we all have heartfully taken for ourselves this weekend. During the sessions, there are diverse active and passive meditation techniques, pranayam, chanting, using music for higher purposes, singing and listening mantra and guided meditations with music. Also conversations where Manish shares the wisdom from the masters, explanations and stories from mystical India. If the weather allows it, there are also some activities planned outside in nature. Simple things that can touch our lives and can work towards the path of consciousness when done sincerely, totally and with the right intention.

It is a different program, because Manish acquired all this shared material during all his lifetime in India, having also participated many years in several 40-day retreats under the guidance of his master - and based on that deeper vision and sincerity, this program was born. The material is compact and conceived so that in a short time, the participant can get a feel of the spiritual path and approach practiced in India since thousands of years. A program with the seal of authenticity.

manishvyas.com/retreats

"it was such a great and deep weekend with you; i'm so grateful to be with you these days, it was amazing, all we sang and all i heard are in my heart and my memories. my yoga class of tonight will be accompanied by manish's music."

"thank you so much... it was such a magic weekend with both of you; it felt like drinking pure water from the source; cleaning body, mind and soul."

"those three days were so beautiful, the nature around us to explore my inner space; so quiet... you inspired me to start daily pranayam after my sequence to move forward in my yoga practice"

"thank you so much for these wonderful days being, meditating, yoga, singing, enjoying life... i appreciate so much your quality, understanding, truth, respect and depth, and more that goes beyond words."

This will be the 5th year that Manish will be offering his activities at **Casa Santo Stefano**. It is a real pleasure to work with Angeli and Chrisitan who are wonderful hosts and their place and surroundings offer an incredible space to share these treasures from India and accompany the process.

Agenda (draft)

This agenda is not the final agenda for 2022, is just a guidance based on past year retreats, subject to changes, though the timings and sessions will be similar.

The definitive Agenda is sent about a week before the retreat.

FRIDAY

14,00 - CHEK-IN

16,00 SESSION 1

18,30 DINNER

20,00 SHORT EVENING SESSION

SATURDAY AND SUNDAY

7,00 SPACE FOR MORNING SADHANA (optional)

7,45 SESSION: PRANAYAM

9,15 SESSION, THEORY

10,30 BRUNCH

11,45 SESSION OUTDOOR

13,00 – 15,00 RESTING TIME

15,00 TEA AND CAKE

15,15 SESSION

16,45 SESSION

18,30 DINNER

20,00 SHORT EVENING SESSION

MONDAY

7,00 SPACE FOR MORNING SADHANA (optional)

7,45 PRANAYAM

PLEASE LEAVE ROOMS VACANT BEFORE BREAKFAST

9,30 BRUNCH

10,45 LAST SESSION

12,00 END

**“All you need is already within you,
only you must approach yourself
with reverence and love.”**

Sri N. Maharaj

