

Soham · Mantra & Meditation Retreat · with Manish Vyas

7-10 November 2024: Casa Santo Stefano, Migliegla, Switzerland



Manish Vyas is from India and this is his 6th season conducting retreats at Casa Santo Stefano, Ticino, Switzerland. During these four days, he will work with diverse tools and techniques developed by seers and wise ones from India which purpose was to find peace, wellbeing and get closer to the Self, our true nature, the place of peace.

The activities include effective and easygoing meditation techniques, using Pranayam, Mantra, Naad Yoga (Sound), music from India. Also, singing-together and sessions with inspiring talks and stories bring light in our journey towards the Self.

Manish started his spiritual path with Osho as a 7 year old kid. His journey in India was a spiritual and musical exploration since then. He's highly experienced in meditation retreats; he accompanied his master Gurudev from 1992 to 2012 helping in the organization and music of 10, 20 and 40 days meditation retreats around India. About ten years ago, his master told him he was ready to share what he had learned. So, he started doing so, humbly transmitting the wisdom of enlightened beings from India, just as a postman would deliver someone's gifts to others.

Considered worldwide a top referent in the world of devotional music from India, one can also rejoice in the magic sound of his music and singing. More about his biography on the [website](#).
Manish conducts the retreat in English.



videos, reviews and more info : manishvyas.com/retreats

Timings

(subject to minor changes)

Thursday 7 November
16,00 - 18,00 Opening Session
18,30 Dinner at Casa Santo Stefano

Friday 8 and Saturday 9
8,15 - 9,30 Session 1
9,30 - 10,00 Free time
10,00 Brunch
14,00 Tea, Snack
14,30 - 16,00 Session 2
17,00 - 18,00 Session 3
18,30 Dinner at Casa Santo Stefano
20,00 - 21,00 evening meeting

Sunday 10
8,00 - 9,15 Session 1
9,30 Breakfast
10,30 - 11,45 Closing Session
12,00 - please vacate room

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Pricing

There are 2 separate charges:

1. Retreat fees : Manish Vyas

CHF 390.- (CHF = Swiss Francs)

At registration you pay CHF 50, non-refundable.

Cancellation policy: until Sept. 4 at 23,59.

Balance CHF 340, payable latest by 6 Sept. 2024, non-refundable.*

You can also pay the whole fee

with your registration, if you prefer.

*no refund / credit is given for medical conditions
or other personal reasons,

we suggest considering travel insurance

Payment by bank, Twint, Cash - [Info](#)

Registration: namaste@manishvyas.com



2. Accommodation & meals : Casa Santo Stefano

Participants book their room directly with Casa Santo Stefano

Room prices per person with breakfast ranges
from CHF 85 to 135 per night.

Prices vary (single, double, etc)

Dinner CHF 42 per night.

Please send your reservation request

to Casa Santo Stefano

with your wishes and

for an exact price quotation.

info@casa-santo-stefano.ch

www.casa-santo-stefano.ch



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Other Information

Arrival / check-in as of 14,00

Departure / room vacancy on Sunday at 12,00

Accommodation in Casa Santo Stefano includes:

Renovated rooms with shower/WC

Home-made abundant breakfast

Teas and Coffees during breaks

Seasonal fruits

Afternoon tea and snack

wlan, parking, vat

Address: Casa Santo Stefano

Via a la Chiessa 25, 6986 Miglieglia, Switzerland

+41 91 609 1935

Om Sai Rām

