



# 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](http://www.casa-santo-stefano.ch)  
Via alla Chiesa 25, 6986 Migliaglia, Ticino, CH

Course Fees / Kurskosten  
CHF 370 Tuition  
Payment at registration

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](mailto: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](mailto: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](mailto:namaste@manishvyas.com)  
[manishvyas.com](http://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](http://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

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

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**

