



silence is the music of the higher planes

manishvyas.com

Workshop with Manish Vyas and Sā

HARMONIZING OUR INNER AND OUTER VIBRATIONS THROUGH HEALING
MUSIC, PRANAYAM, YOGA and MEDITATION

A journey to the Inner Being through simple, ancient techniques from India



*'Life repeats itself mindlessly –
unless you become mindful,
it will go on repeating like a wheel' Osho*

The program is designed for people in search of simple and effective techniques, in a way so that it brings the participants effortlessly and playfully closer to themselves, to the inner core, to the silent space within, to a space of love, gratitude and silence. The participant will come to know the true use of harmonizing techniques as conceived in ancient India. They will be able to apply these techniques practically in their daily routine, for a more healthy, relaxed and fulfilling life. Open your heart and your mind; come immerse yourself in Raj and Naad Yoga, a combination of meditation, breathing techniques, movements, sound vibrations, and music. 'Yoga' is not a therapy as sometimes is wrongly understood in the West - it is a lifestyle, a philosophy and it does not apply only to the body, nor to any culture or religion in particular - it is a universal philosophy of body, mind and spirit harmonization.

Manish grew up in India and learnt Indian classical and devotional music since he was a child. He lived in India a spiritual life for 20 years following his Guru along retreats and meditation-gatherings all over India. He co-managed and coordinated retreats in India during more than 15 years. During these years, he was also actively involved with the music department of Osho Commune in India, conducting live music for various

meditation sessions, dance sessions and concerts, all directed to a very specific purpose of deepening and improving the quality of meditation. This long period of experiments and experience reflects in his music and in his being. He is also a certified Hatha Yoga teacher and a specialist in Pranayam and ayurvedic lifestyle, inherited from his family knowledge and tradition.



Sā is his wife and a kundalini yoga teacher (USA, certified by Kundalini Research Institute) and a Hatha yoga teacher (India, Rishikesh certified by AYM Yoga Institute) and has been involved in meditation and silent retreats in India with their spiritual teacher Gurudev. She taught Yoga in Miami, Buenos Aires and St. Gallen. She is also a reiki practitioner and was trained in macrobiotic food, shiatsu and lifestyle in Kushi Institute, US. From a Swiss family, she was born and lived many years in Argentina and has two children. She's also a teacher of children yoga.



‘Drop the idea of becoming someone, because you are already a masterpiece. You cannot be improved. You have only to come to it, to know it, to realize it.’ Osho

Program (subject to minor changes)

Maximum participants: 15 Minimum participants: 10

DAY 1

- 15,45 - 17,00 Yoga, Pranayam, Meditation
- 17,15 - 18,30 Welcome and introduction talk
Basics of Indian healing music as an ancient powerful tool and a
meditation technique
Yoga Nidra session (Manish)

DAY 2

- 7,30 - 10,00 Light Kundalini Yoga to awaken the inner energy (Sa)
Pranayam explanation and practice with music (Manish)
- 14,00 - 16,00 Introduction to concepts about Yoga and Asana according to Indian Yogic
philosophy. Difference between the perception of the Yogic philosophy as
born in India and in the west. The importance of keeping the ancient yogic
techniques and mantras genuine for effectiveness of its practice (Manish)
- 16,30 - 18,00 Mantra chanting with mystical and symbolic meaning and use of the
mantra (Manish)
Yoga for a good evening relaxation (Sa)

DAY 3

- 7,15 - 8,30 Yoga Kriya for the harmonization of all the subtle bodies ending with a
powerful dynamic meditation (Sa)
- 8,45 - 10,00 Sound & Mantra Workshop, part 2 (Manish)
How to maintain this energy up and awake in our daily busy life (Manish)
Meditation
- 11,45 - 12,30 Closing sing-along Mantra for protection (Manish)
Open interchange of impressions and experiences (all)

"Serve, Love, Give, Purify, Meditate, Realise. Be good, do good, be kind, be
compassionate." - Sri Swami Sivananda

Testimonies: *"I went to a retreat of a well-known American Yoga teacher and Manish Vyas happened to be there in Mexico co-conducting the music and the meditations. It was amazing how the genuine element of these practices was so present in the way he was conveying it to the participants. After doing the sessions with him there was a higher quality of peace and silence. Most of the group agreed that he had that knowledge of yoga and music deep in his being. We couldn't find the same feeling in the western teachers, despite of maybe being popular. He delivers 'the real stuff' and not the commercial stuff. His workshops I would recommend to any true seeker of the yogic path and of course the music... which is out of this world. He is also a simple being with great energy and bright vibrations."* Anna Frisch, US



For more details please write to namaste@manishvyas.com
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Details about the accommodation at Casa Santo Stefano
<http://www.casa-santo-stefano.ch>

