



SHIVOHAM : a Journey into Bliss and Silence
through simple practices and ancient wisdom from India

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conducted by Manish Vyas from India
assisted by Sã

surrounded by the meditative power of mountains
and the inspiration and deep silence
found in the air and surrounding nature

Shivoham : A Journey into Bliss and Silence

Working with different vibrations, from the body to the most subtle, thru asana, pranayam, meditation, music, mantra and sharing the wisdom of the wise ones from the east.

Making the journey of life more meaningful, simple, flowing, with the attitude of gratitude and acceptance, using tools devised by the wise ones, to be able to see things as they are - through down-to-earth devices and techniques from various enlightened masters and their simple but powerful vision and wisdom.

In our daily life everything moves outwards, draining our energy, creating tensions, stress, conflicts, conditionings, anxieties. That's why it is important to gift a certain time and space to oneself, being in the nature, in solitude and simply flow through the guided techniques of meditation and relaxation, through music and silence - moving towards the depth of the inner being.

It is a sharing of priceless, authentic gems of tools of transformation, to bring a simple yet effective approach to one's true search through gentle asana practice, joyous techniques of pranayam and meditation, enlightening insights of various awakened ones from India, including our two living masters, discovering the depths of mantras and its ancient roots and intrinsic divine transformative energy; being in the nature and deepening the inner space with silence, inspiring the true seeker on the path to have a direct yet simple experience and understanding.

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

Sri N. Maharaj

Our agenda starts with early yoga or dynamic meditation each morning, and finishes with a short candlelight gathering after dinner to end the day inspirationally and in gratitude sharing films and music. During the sessions, there are diverse yogic techniques, pranayam, explanations, meditations, learnings with singing and stories from mystical India and silent time outside in nature ...simple things that can touch our lives and work on the path of consciousness.

It is a different program, because Manish acquired the knowledge and inspiration from true sources of wisdom, having co-conducted 40 days retreats in India under the guidance of his master - based on that vision and sincerity, this program was born. There is an earnest and right understanding. The material is compact and conceived so that in a short time, the participant can get a feel of this real ancient wisdom born in India thousands of years ago, which is not always rightly communicated in the west.

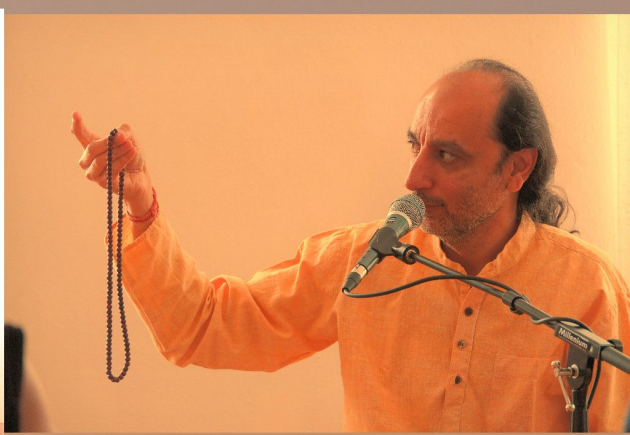
SOME FEEDBACKS WE RECEIVED FROM PAST RETREATS:

"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."



SUMMARY INFORMATION

Conductor / Kursleitung
Manish Vyas
Sā (yoga āsan)

Dates -times / Datum & Kurszeiten
Beginn: Nov. 6 um 15,30
Ende: Nov. 8 um 13,30

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

Cost / Kurskosten
CHF 280 Tuition
Advance payment for place reservation

Additional cost / Hotelkosten:
2 nights with brunch breakfast incl. 2 dinner
Double room CHF 220.- pp
Single room CHF 240.- pp
tax per day/person CHF 4.-

Yoga mats, pillows, blankets are provided

Booking & Room Info.
www.casa-santo-stefano.ch
Angeli: info@casa-santo-stefano.ch
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About the program: namaste@manishvyas.com

Max 18 participants