11-14 November 2027 at Casa Santo Stefano, Miglieglia, Switzerland



INNER RESET: Breath. Mantra. Meditation. Silence.
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

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conducted by Manish Vyas

Music
Mantra
Meditation
Instrospection
Pranayam
Relaxation
re-connecting
Laughing
Being



This will be the 9th autumn retreat that Manish will be offering at **Casa Santo Stefano**. It is a real pleasure to be at this place and its surrondings, which offer a unique space to share some of the treasures from India and accompany the journey within. Casa Santo Stefano is in Miglieglia, Switzerland, an idyllic town from the middle ages and it is managed by Matteo and Cristina, who are wonderful hosts and offer quality, warmth, amazing food and this beautiful, cozy house.

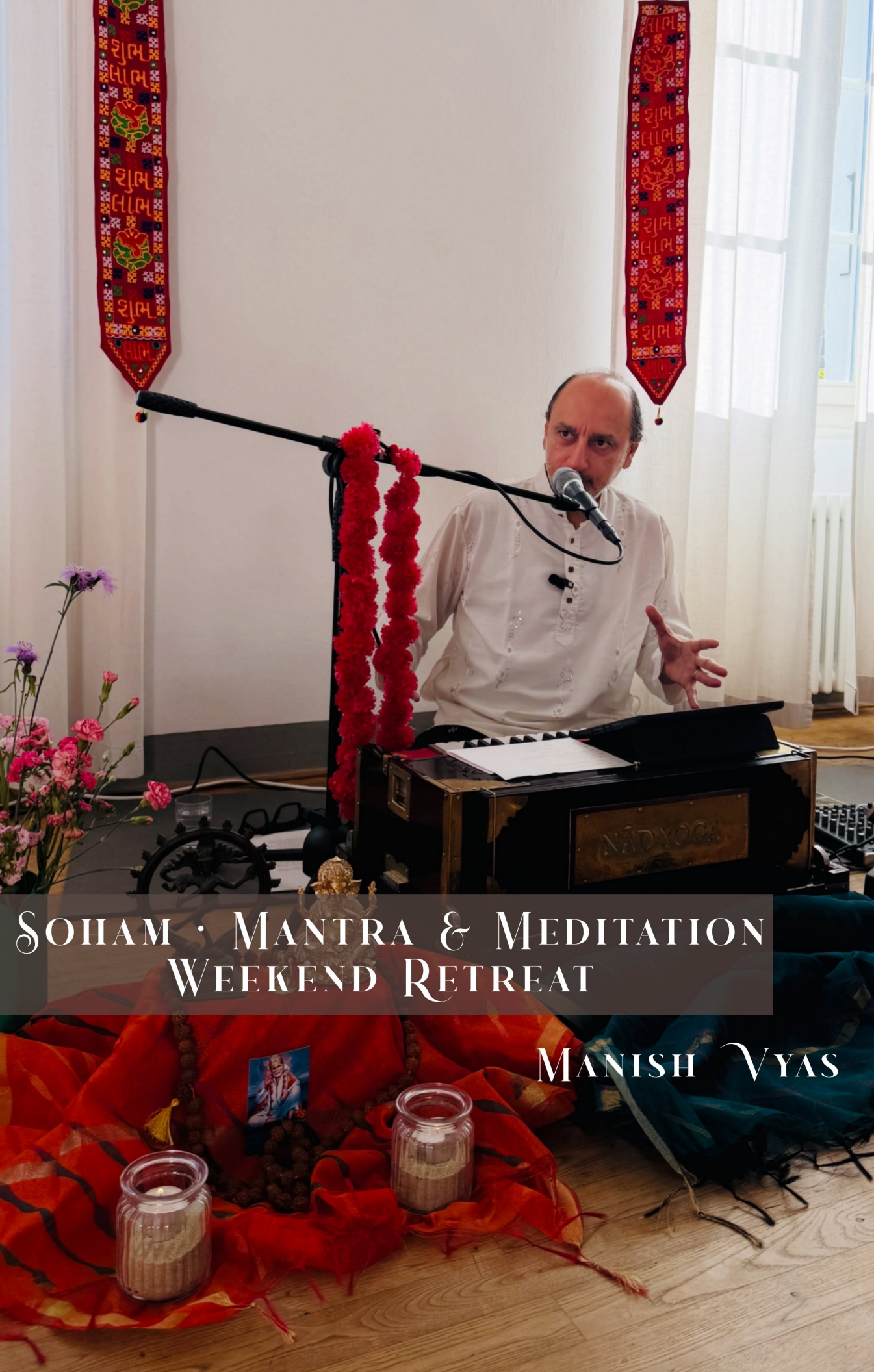
Agenda (subject to minor changes)

THURSDAY
16,00 - 17,15 Welcome Talk, Introduction, guidelines
17,15 - 18,00 Singing Celebration
18,30: Dinner

FRIDAY AND SATURDAY
7,30 - 8,00 Session
8,15 - 9,30 Session
9,30: Brunch
11,30 - 12,30 Meditation activity (could be outdoor)
12,30 - 14,00 Resting Time
14,00 - Tea/Coffee/Cake
14,30 - 15,15 Session
15,15 - 16,00 Session
16,45 - 17,00 Mantra theory and practice
17,15 - 18,30 Singing
18,30: Dinner
20,00 - 20,45 night session

SUNDAY
7,30 - 8,00 Session
8,10 - 9,15 Meditation
9,30: Brunch
10,45 – 12,15 Session

"You feel lonely not because no one is with you, but because you are not with yourself."
Shams de Trabriz



Soham · Mantra & Meditation Weekend Retreat

Manish Vyas

Miglieglia, Ticino, Switzerland
11 November - 14 November 2027

Conductor / Kursleitung : Manish Vyas (speaks English)

Room Check-in starts 11/11 at 14,00

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

Price:
There are 2 separate charges (1+2):

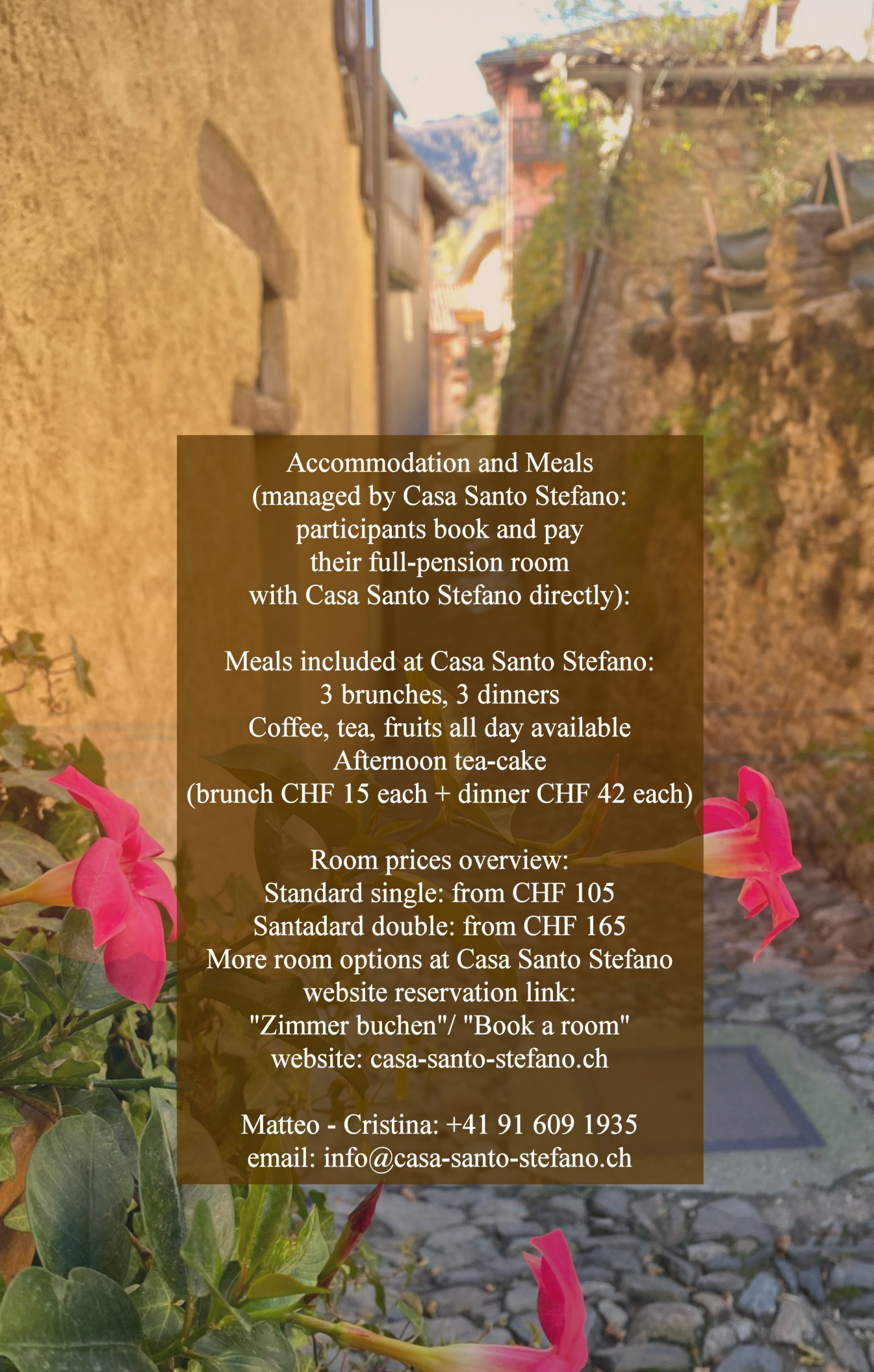
1. Fees / Kurskosten: CHF (Swiss Francs) 390
(hotel not included, see point 2 below.)
To reserve your place, at registration you pay
an advance of CHF 50, non-refundable.

Cancellation policy: until Sept. 24 2026.
Balance CHF 340, payable to Manish Vyas, due 1. October
Summary of cancellation policy:
If you cancel until 24 Sept: CHF 50
If you cancel after 24 Sept: CHF 390

You can also pay the whole amount (CHF 390)
at registration, if you prefer.

*due to the small group, no refund is given
for medical or other personal reasons,
we suggest considering instead travel insurance
If you like to participate, or for questions,
please write to:
namaste@manishvyas.com

2. Accommodation and Meals: by Casa Santo Stefano
(details next page)



Accommodation and Meals
(managed by Casa Santo Stefano:
participants book and pay
their full-pension room
with Casa Santo Stefano directly):

Meals included at Casa Santo Stefano:
3 brunches, 3 dinners
Coffee, tea, fruits all day available
Afternoon tea-cake
(brunch CHF 15 each + dinner CHF 42 each)

Room prices overview:
Standard single: from CHF 105
Santadard double: from CHF 165
More room options at Casa Santo Stefano
website reservation link:
"Zimmer buchen"/ "Book a room"
website: casa-santo-stefano.ch

Matteo - Cristina: +41 91 609 1935
email: info@casa-santo-stefano.ch

Our agenda is very compact and designed to make most of the time that we all have heartfuly 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 and without music. Also talking sessions where Manish shares the wisdom of many masters, explanations and stories from mystical India. Simple things that can touch our lives deeper and can work towards the path of awareness when done sincerely, totally and with love and devotion.

Manish acquired his skills as retreat conductor during all his lifetime in India, having also assisted his guru in several 40-day retreats in India and based on that experience, 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 helpful practices and techniques A different 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 beyonf words."





Peace is the inner nature
of humankind.
If you find it
within yourself,
you will then
find it everywhere.
Ramana Maharshi







manishvyas.com/retreats