

# Soham · Mantra & Meditation Retreat · with Manish Vyas

6-9 November 2025: Casa Santo Stefano, Miglieglia, Switzerland



Manish Vyas is from India and this is his 7<sup>th</sup> 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 Mantra singing and chanting as well as effective and easygoing meditation techniques, using Pranayam, Mantra, Naad Yoga (Sound), music. Each session brings 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 his childhood. Born in a family of Brahmins and Osho lovers, his path started since a young age surrounded by sounds of Mantras, Kirtans and celebration, which continued all his life. Manish is 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 with others whatever he had learned. So, he started doing so when he moved to Europe in 2016, humbly transmitting the wisdom of those enlightened beings from India, to whoever may be interested in this beautiful journey towards the Self.

Considered worldwide a top referent in the world of devotional and world genres, one can also rejoice in the magic sound of his music and singing. More about MANISH VYAS on the [website](#)

Here you can find more about his [retreats](#).

Manish speaks in English.

Maximum group will be about 20 participants.

Although there may be some Asana Practice in the morning, this is not a “Yoga” retreat (as known in the west, mostly as exercise.) Our retreat does belong to the path of Yoga in the true sense of the word – which is not exercise but a path of excellence, in the lifestyle, in the health of our minds, in growing towards a meditative state of being. The path of Yoga – which comes from India, from Sanatan Dharma – is a path of growth towards liberation, towards wisdom and truth.



Inquiry / Registration please email : [namaste@manishvyas.com](mailto:namaste@manishvyas.com)

The retreat offers 13 sessions in total (about 18 hours)

## **Agenda 6 – 9 Nov 2025**

(subject to small changes)

**Thursday 6 November**  
**16,00 – 18,00 Beginning Session**  
**18,30 Dinner**

**Friday 7 and Saturday 8**

**8,15 – 9,30 Session 1**

**9,30 – 10,00 Free time**

**10,00 Brunch**

**11,30 – 12,30 Session 2**

**12,30 – 14,00 Resting time**

**14,00 Tea, Snack**

**14,30 – 16,00 Session 3**

**16,00 – 17,00 Break**

**17,00 – 18,15 Session 4**

**18,30 Dinner at Casa Santo Stefano**

**20,00 – 21,00 Session 5**

**Sunday 9**

**7,30 – 9,00 Session 1**

**9,30 – Brunch**

**10,30 – 12,00 Session 2**



## Pricing

There are 2 separate charges:

1. **Retreat fees – Manish Vyas**  
CHF 390.- (CHF = Swiss Francs)

To reserve your place, at registration you pay  
an advance of CHF 50, non-refundable.

Cancellation policy: until Sept. 15 at 23,59.

Balance CHF 340, payable latest by 19 Sept, non-refundable\*

Summary of cancellation policy:  
If you cancel until 15 Sept: CHF 50  
If you cancel after 15 Sept: CHF 390

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

### Payment Information:

By Bank:  
Manish Vyas  
IBAN: CH30 0070 0144 8048 4346 7  
Gossau (9200) St. Gallen, Switzerland

TWINT +41 76 702 14 70

Credit Card also possible (by payment link)  
has a surcharge for the CC deduction.

\*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, write to [namaste@manishvyas.com](mailto:namaste@manishvyas.com)

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## **2. Accommodation & meals : by Casa Santo Stefano**

Participants book and pay their room directly with [Casa Santo Stefano](http://www.casa-santo-stefano.ch)

### **Meals at Casa Santo Stefano:**

3 Brunches

3 Vegetarian Dinners

Coffee and Tea available throughout the day

Fruits available all day

Afternoon Snack

Meals to be paid on-site: CHF 171.00 (brunch 15 each, dinner 42 each)

### **Room Prices Per Night**

Standard Single Room: starting from CHF 95.00

Standard Double Room: starting from CHF 160.00

Double Room for Single Use: starting from CHF 115.00

### **Other Information**

Santo Stefano check-in / check-out policy:

Thursday check-in 14,00 / Sunday vacate room 9,30

Questions? Matteo, Cristina: +41 91 609 1935

Please send your Room-reservation request to Casa Santo Stefano:

[info@casa-santo-stefano.ch](mailto:info@casa-santo-stefano.ch)

[www.casa-santo-stefano.ch](http://www.casa-santo-stefano.ch)



More sources of Information:

[BLOG: a retreat. time to BE](#)

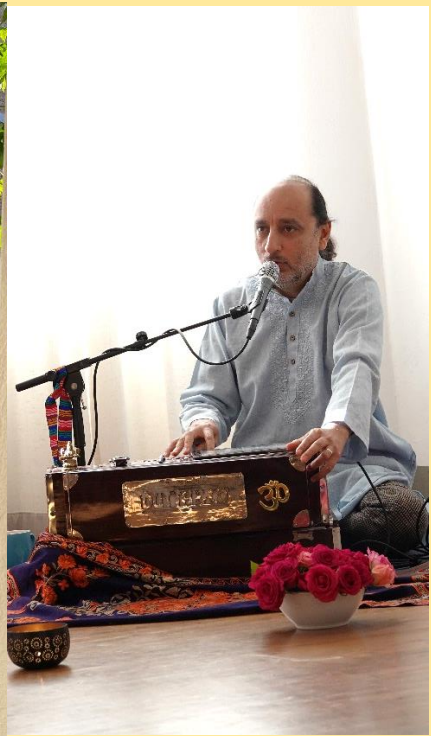
[YOUTUBE video](#)

[manishvyas.com/retreats](http://manishvyas.com/retreats)





*Looking forward to Welcome you !*





**All will come as you go on.  
Take the first step first.  
All blessings come from within.  
Turn within.  
(Sri Nisargadatta Maharaj)**