



Wisdom from the Heart

with Vasant Swaha

When: 9th of November to 5th of December of 2010.

Where: Pousada Mevlana Garden (www.mevlanagarden.com.br) in the beautiful Ibiracema Beach, Imbituba-SC, Brazil (90km south from Florianópolis).

The retreat is divided in 4 phases:

Phase 1 (9th to 14th of November) – It will be dedicated to the **Celebration** of life and our Heart. Through dance, expression and creativity, we will have a juicy program, which will awake and open the body and the soul.

Phase 2 (14th to 21st of November) – On the first days of this week, we will have groups of **Family Constellation**, which can bring deep insights about issues related to events that happened in your family system, bringing up the root from where a particular event was originated.

On the following days, to integrate what has been experienced and to go deeper into the Wisdom from the Heart, the program will offer groups of **Inquiry**, revealing the qualities of the heart.

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Phase 3 (21st to 28th of November) – This phase will be in silence and will present the process called **Born Again**, created by Osho. **Born Again** is a process that lasts 2 hours per day, during 7 days. In the first hour, the participants will have the chance and the freedom to act like children. In the second hour participants will sit in silence, in meditation. During these 7 days, you will be like a child – total and innocent. Osho says: “ if you can be a child again, you will start grow in a totally new way.”



In order to take part of this group, you will have to commit yourself to the whole process of 7 days, including the first session in the evening of the 21st of November. If you are not able to take part in the whole group, an alternative program will be offered, in tune with the main group.

Phase 4 (29th of November to 5th of December) – Going even deeper into silence, we will have **Vipassana Meditation**, sitting in silence, observing your breathing, getting settled in the temple which is our Being.



Days with Satsang: 12, 13, 14 and 17 - 19, 20, 21 and 24 26, 27, 28 and 1/12 - 3, 4 and 5/12

IMPORTANT:

If you are coming for the first time, the arrival days are 9th or 14th of November only, with the minimum of 5 days of participation.

During the retreat it will happen a process of 21 days of **Dynamic Meditation**.

The most important moment of the retreat is **Satsang**, the meeting of Vasant Swaha with his disciples and friends. **Satsang**, this meeting in love and truth, is a unique opportunity to wake up your own nature and reveal the Wisdom from the Heart.

Prices:

9/11 to 5/12	Group Cabin	Single Cabin
Whole Retreat 26 days	R\$ 3.500	R\$ 4.700

9 to 14/11	Group Cabin	Single Cabin
1st Phase 5 days	R\$ 720	R\$ 950

14 to 21/11 or 21 to 28/11	Group Cabin	Single Cabin
2nd or 3rd Phase 7 days	R\$ 980	R\$ 1300

29/11 to 5/12	Group Cabin	Single Cabin
4th Phase 6 days	R\$ 890	R\$ 1170

The prices on the table above refer to the cost of the retreat per person, all included, according to the option of accommodation.

The individual units are in limited availability. Contact us for more information to make a reservation.

Important: payments should be made in money (brazilian reais, american dollars or euros). WE DO NOT ACCEPT CREDIT CARD.

Transport: If you need a taxi service, please contact Dayanano: +55 48 9969-0040 - e-mail: mystictaxi@gmail.com. The cost of the journey and the payment should be made directly to the driver.

More Information:

brasil@vasantswaha.net

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Namaste!

Mystic Beach Friends

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