

THE RETREAT EXPERIENCE



Welcome

Vasant Swaha offers Satsang in two main locations: Mevlana Garden in Santa Catarina, Brazil, and Dharma Mountain in Valdres, Norway.

Satsang is sitting in Truth with the Master. It is the heart of the retreat, supported by a full meditation program.

Through meditations and group activities, we have the opportunity to explore ourselves deeply and take responsibility for our own growth. This helps us to open up to the experience of Satsang.

Vasant Swaha offers different types of retreats. Some lasting a weekend, while others continue for over two weeks.

Retreats which are open to new participants begin with active practices that help to awaken our energy and release tension on mental, emotional and physical levels.

Longer retreats usually include a silent phase towards the end, allowing us to bring our energy back to ourselves.



THE RETREAT EXPERIENCE

New participants have to join from the first day of the retreat, and participate fully until the end.

“The Recipe, The Washing Machine”
The retreat program is an opportunity to empty out and unburden ourselves.

We use our bodies a lot. Through active meditations, group dynamics, dancing, creativity and playfulness, we can release tension, free up suppressed emotions and give ourselves the chance to open up and to heal.

The process can stir us deeply. It may challenge and exhaust us, yet it can also bring laughter, lightness and connection. Here, you are welcome to be real, vulnerable and held in a safe and loving space.

The retreat program is Swaha’s “recipe” to help us on the journey back to ourselves – towards inner joy and inner peace.



COMMITTING TO THE WHOLE PROGRAM

As a newcomer, it is important to join the retreat with a full commitment to the program. Each day begins at 06:30 and ends around 21:30. The journey can be intense, both physically and emotionally.

There may be moments when you feel tired, overwhelmed or resistant. This is a natural part of the process and often where deeper transformation begins.

By joining the full program, even when it feels challenging, you give yourself the best chance to go deeper, to open up, and to truly benefit from all that the retreat offers.



WHY COMMIT TO THE FULL PROGRAM?

We all carry hidden layers within us - feelings we have suppressed or avoided, vulnerabilities we protect, images of ourselves we have built over time...
This retreat is not only about learning techniques, relieving stress or relaxing. It is for those with a deep longing to know and to face themselves, and who have the totality and courage that it takes to do so.

The meditations and groups are designed to awaken our life energy and bring hidden or suppressed aspects of ourselves to the surface. Resistance may come up, and it often means that we are coming close to something that is protected in us.
That is why full commitment matters.That very moment can be an opportunity to unveil hidden layers in ourselves.
Committing to the whole program is a way to "switch off" the side of the mind that always wants to choose, judge and control.

From morning until night, everything is planned and supported - you simply follow the program throughout the day, meals are served, everything is taken care of... you don't need to think about anything. It is important that you come with a willingness to dive in wholeheartedly - and that you know that this is a part of what you choose when you come to this retreat.

"If you follow the recipe,
the meal will be very nice!"
– Vasant Swaha



NEWCOMERS SHARINGS

“Sharings” are a tool we use a lot in the retreats.
They have a simple structure: each one has the chance to share about how they are doing.

Speaking honestly, listening and being listened to can be deeply supportive.



WORK MEDITATION

During work meditation, retreat participants do simple tasks like chopping vegetables, gardening or cleaning.

These activities help keep the retreat running smoothly, and they are also a chance to bring awareness and meditation into everyday activities.





SATSANG –
THE MEETING WITH THE MASTER

Satsang is the oasis around which the retreat is created.
It is the time when we meet the Master.

For some, a Master is exactly what they have been seeking.
For others, the idea is new and unfamiliar.

There are no "rules" regarding how you perceive Swaha or what he should be for you. This is an individual journey and an individual discovery. Only you can experience what Satsang is for you, and what Swaha represents for you. What is important is that you come with an open mind and heart, willing to experience Satsang and to be open for this meeting with the Master.

"Satsang is the greatest art, where you can again learn the art of living freely."
– Vasant Swaha



CARETAKERS

The retreat caretakers team give support to people joining a retreat for the first time, facilitate sharings and are available for questions and individual sharings during the retreat.

DEVICE-FREE ZONE

During the retreat, Mevlana Garden and Dharma Mountain are device-free zones. Phones, tablets and computers are not allowed.
This is an opportunity to disconnect from digital life and give your full attention to yourself and the retreat experience.

DRUG AND ALCOHOL FREE

Alcohol and recreational drugs are not allowed.



TAKE A PAUSE

Before continuing, we ask you to watch this video:
https://youtu.be/SshN_jlXw_s

The retreat offers a supportive atmosphere with a wide range of tools to dive into the adventure of self-discovery - it is up to you to take the leap. Your longing is the force which brings you deeper.

As we work with a large group and do not provide close individual follow-up within the retreat structure, it is important that each participant is ready to take responsibility for their own process. We do not offer therapeutic care.



REFLECT...

After reading this information and watching the video, we invite you to take some time to reflect:

- Are you ready to dive in fully and commit to joining the full program?
- Do you feel ready to put away your digital devices and give your full attention to being here?
- Do you feel a true longing to join this retreat?



CONTACT

For more information, please write to:

norway@vasantswaha.net

brasil@vasantswaha.net

With Love,
Retreats with Swaha

If you feel like this is not the right time for you to join a retreat with Swaha, Dharma Mountain and Mevlana Garden offer other retreat options.



dharmamountain.com



mevlanagarden.com



"Be open to life —
to all the colors, to all the flavors.
Just say "YES" and you'll see
that it will transform you.
Just be open and be happy,
accepting exactly where you are
and who you are."

Vasant Swaha