

# SILENT HEART MEDITATION RETREAT

An immersive 2 days with a realized Master followed by online integration support



A personalised, transformative experience with Mukeshanand, a monk for 30+ years, teaching across the world and Garima, a long-term student and social changemaker

Unveil your true nature, discover peace within

[APPLY HERE](#)

# SILENT HEART MEDITATION RETREAT

## WHAT:

- Simple and powerful meditation technique to calm your mind and pierce through layers of conditioning to unveil your true nature
- Universal Energy channeling & Body scan to harmonize your body & energy
- Practical philosophy & practice to deepen your journey further

## FOR WHOM:

A personalized experience for participants with a strong desire to find inner peace, love and joy through meditation, and understand practical life philosophy from a realized Master and a practitioner student of 12 years. Eligibility: Age 18 onwards, with physical and mental fitness to self-manage their stay.

## WHERE:

Mumbai City OR

Homestay setting in Talegaon Dabhade, away from the hustle bustle of city life. 2-3 hour drive from Mumbai, 1 hour from Pune

## WHEN:

Saturday morning to Sunday early evening

Followed by 5 weeks of online support (group and personalized 1-1)

Dates to be announced (fill "Apply Now" form to stay posted)

## BY WHOM:

- Mukeshanand (Self-realized Master teaching across the world, practitioner of Silent Heart Meditation for over three decades)
- Garima (practitioner student for 12 years, Co-founder, Swasth, sustained well-being coach)

## FEE:

- Includes residential and online sessions, coaching, shared accommodation, meals.
- Introductory amount of INR 16,000 for early bird payment. INR 18,000 thereafter.
- Scholarships available for deserving candidates

**Small Batch Size for a Personalized Experience**

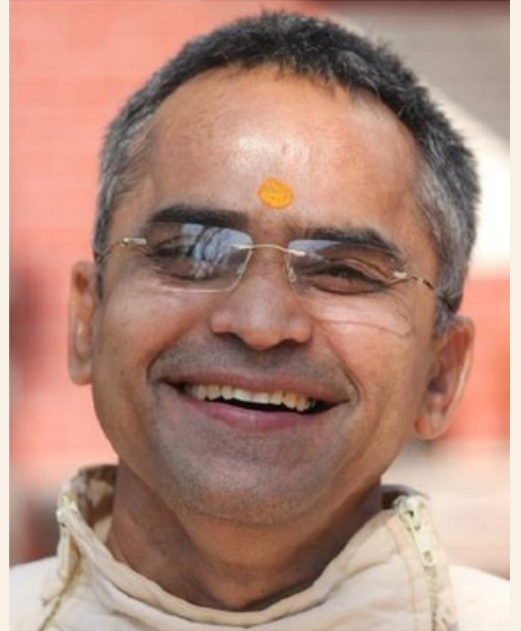
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# SILENT HEART MEDITATION RETREAT

Who is holding space for your gentle transformation?

***“Through Heart Guru Meditation, the sadhaks (spiritual seekers) and I sit in silence, through which I send vibrations of pure energy from my heart guru to that of the seeker. This heart to heart, soul to soul transmission, cleanses the layers of negativity that have accumulated around the inner guru, guiding the sadhak deeper into the journey of self-realization. They are able to deeply connect with the inner guru, an infinite source of pure love, inner peace and bliss, and also synonymous with God, Truth, Atma, Universal Consciousness or whatever one wishes to call this Divine Energy. The Heart Guru can only be realized through silence and practice”***



Mukeshanand Brahmachari, a monk and follower of Ramana Maharshi’s philosophy, has been practicing Silent Heart Meditation for over three decades. He guides individuals to go beyond the mind to unveil one’s true nature. He has instructed students in India, Dubai, Egypt, Europe, UK and US.

Through Silent Heart Meditation, Mukeshanand transmits Pure Consciousness (Universal Energy). This heart to heart, soul to soul connection removes layers of conditioning, calms your mind and opens your Spiritual Heart, revealing your true nature: a state of pure and infinite love, peace and bliss.

**[Apply NOW](#)**

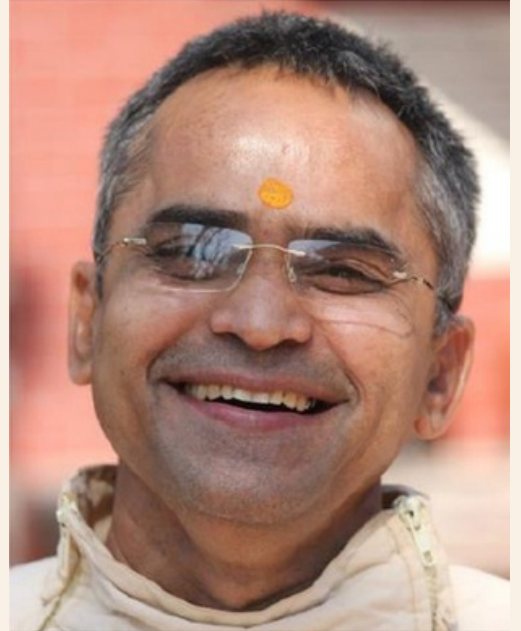
**To step out of the tyranny of a limiting paradigm of life, re-wire your patterns, and come closer to your true nature**

# SILENT HEART MEDITATION RETREAT

Who is holding space for your gentle transformation?

## Body Scanning and Harmonizing

The seeds of disease take root long before manifesting in the physical body. Through Silent Heart Meditation, Mukeshanand “scans” the body, piercing through layers of conditioning and accessing information about one’s body, vital energies, the mind, and emotions. It has often led to the astonishing discovery of diseases in their early stages, which would go undetected by instruments and practitioners of modern medical science.



By channeling Universal Energy, Mukeshanand helps quiet the mind as well as harmonize the body and its organs, initiating the reversal process of disease, manifest and unmanifest. In the aftermath, the student has the potential to continue sustaining this inner well-being and preventing further disease by establishing themselves in their meditation practice and progressing on their spiritual journey.

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## Who is holding space for your gentle transformation?

An accomplished social changemaker, coach and leader, Garima Gupta Kapila masterfully **integrates ancient wisdom and modern sciences** to empower busy professionals and householders to cultivate harmony in the body, mind and spirit. Her transformational workshops and personalised coaching unleash the power of **yoga, psychology, nutrition and nature connection** to take participants towards their full potential by being their full, authentic self.



During 15 years at prestigious institutions such as **IIT, McKinsey & Co., Teach For India and Swasth Foundation**, Garima experienced how outer success without inner fulfilment can lead to feeling lost, ill-health, depletion, overwhelm and relationship conflicts. Her quest for inner joy led her to intense study, contemplation, training and practice of multiple disciplines of well-being, and brought her into contact with Mukeshanand ji. Her 12 year association with him took her beyond theoretical knowledge to practical experience, and has transformed her inner and outer life.

In 2017, to enable health and joy for the world at large, she founded Swasth Yog Institute (SYI) which, till date, has delivered **75,000 person-hours of well-being services** and training to people across continents, income segments and languages, with a service quality of **4.8 stars** (out of 5). Participants have reversed chronic diseases, gained mental peace and found harmony in relationships. SYI is affiliated to the **Indian Yoga Association** and **VYASA University**. Its learnings have been documented into 5 books, shared at forums such as **Association of Coach Training Organizations**, researched with the support of the **Harvard School of Public Health** and adopted by **Swasth India Medical Centers**, India's largest NGO-run network of primary health clinics serving low-income households.

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## Answers to common questions

### How is this different from Swasth's other, online offering named Sanjeevani Jagruti (Mind)?

There are many differences - offering content and design, facilitators, technique. But the underlying principles and philosophy are the same. This is a unique opportunity to learn directly from someone who has experienced and lived the philosophies we read about. It enables you to go beyond the intellect, and access deeper truths. Further, an immersive residential experience, away from the pressures of daily life allows a reset of knowledge, skills & mindsets and deeper experience of the alignment of body & energy, mind & emotions, intuition & spirit.

### Will we meditate for the full 2 days and maintain silence?

No, we will not. Our sessions will have a combination of meditation, reading, discussion, reflection, time for questions and answers.

### Will all sessions will be the same?

Each session will be different, both in terms of content covered and the experience of meditation. As your knowledge and practice deepens with every session, your body-energy-mind-emotions system will respond differently.

### I am suffering from some health conditions. Can I attend?

This program assumes participants are able to manage their body, energy, mind and emotions to be functional, without requiring support. In a semi-urban homestay setting, it assumes the ability to climb flights of stairs through the day, endure diverse climates (hot, rainy, cool), and participate in sessions from 6:30am to 8pm with breaks. If your physical or mental health requires medical or therapeutic or personal attention, we recommend setting up a consult with us to explore our other offerings or other Institutions that can help you at this stage. (<https://www.swasth.org/consult>)

# SILENT HEART MEDITATION RETREAT

I would like a private room / I have some special needs.

Can they be taken care of?

This program requires stepping out of your routine comforts to embrace a simple homestay experience. Being a shared setup, each participant is responsible towards the hosts and other participants. Instead of catering to all your needs and constant connectivity with life back home, its primary focus will be on inner transformation. We encourage you to discuss your special needs with us, and if this program isn't appropriate, we'll work with to suggest online offerings that you can do from the comfort and privacy of your home. ([www.swasth.org/workshops](http://www.swasth.org/workshops))

How can I reach the venue?

The retreat will be either at Mumbai or Talegaon Dabhade, which offers the unique advantage of being close to the 2 major Indian cities of Mumbai and Pune, while being away from the hustle bustle of city life. It is accessible in many ways:

- Cab services such as Ola, Uber
- Buses such as Volvo operators, Maharashtra State Road Transport Corporation (MSRTC), City buses
- Trains stopping at Talegaon Dabhade (recommended) or Lonavla (40 minutes away)
- Nearest airport is Pune (1 hours) or Mumbai (3 hours)

Our homestay venue in Talegaon Dabhade is on the Old Mumbai-Pune National Highway (NH-4), and a 10 minute drive from key access points such as new Mumbai-Pune Expressway, Talegaon Railway Station and Talegaon bus stand. Post registration, we will also add you on a Whatsapp group where you can co-ordinate carpooling and other options with other participants.

Can I get accomodation support for early arrival / late departure?

Yes, we may be able to support you with accomodation and meals for upto 1 day before and 1 day after. Since this this subject to rooms being available, we recommend contacting us immediately, to discuss your needs and the charges.

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## What is your refund policy?

This offering has been crafted as a personalised experience and requires much planning. There are no refunds.

## I'm not able to afford your program fees. How can I access this?

At Swasth, we believe in spreading health and joy to all, without finances coming in the way. This is an exclusive, personalised offering, priced to enable us to recover our organizational costs, so that we can continue on our mission of serving all segments of society. If you are not able to afford this offering, don't worry! We have a scholarship option in the application process – apply and we'll collectively figure out how we can support you.

## I'm all set to apply. Where do I make the payment?

Great! Fee payment is part of the registration process.

## **For participants from India**

Below are the bank and UPI details. You will be asked to upload a unique photo ID and proof of payment as part of registration. We recommend completing pre-work as needed (e.g. setting up a beneficiary for bank transfer) before you begin the application.

Name - Swasth India Foundation  
Bank Name- State Bank Of India  
Branch- Gokuldham (Goregoan- E)  
Branch Code- 6055  
Account No: 42529704517  
IFSC- SBIN0006055  
UPI ID: SWASTHINST.836@SBI

## **For participants outside India**

Please remit payment at <https://www.paypal.com/paypalme/SwasthInc>

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