

Jai Shri Mataji

'Stay In Heaven' - Love thy Self

This Seminar is specially designed for the newcomers in Sahaja Yoga who desire to go deeper in meditation by staying in the heavenly beautiful valley of Cabella Ligure which is the World center of Sahaja Yoga. These three days seminar is dedicated to your inner wellness through a unique experience of meditation, staying in the company of loving Yogis for handholding you, nourishing you and taking care of you in a peaceful ambience. This beautiful journey will help you grow immensely and make you discover the paradise of Sahaja Yoga World Centre which is a calm and serene place where Shri Mataji Nirmala Devi has lived for more than twenty years.



Please enjoy the presentation video: <https://vimeo.com/143428870>

SEMINAR SCHEDULE

Friday 30th October 2015

- 18.00: Arrival
 - Welcome Ceremony
 - Refreshments
 - Registration at the reception
 - Casaforme Wellness Centre tour
 - Footsoak and guided meditation
- 19.00 - 20.00: Dinner
- 20.30 - 22.00: Seminar Introduction
 - Collective meditation
 - Introduction of participants
 - Deepening and Sahaj videos
 - Devotional songs: Sahaja Bhajans

Saturday 31st October 2015

- 6.30: Individual Meditation
- 7.30 - 8.30: Collective meditation and video
- 8.30 - 9.30: Breakfast
- **9.30 - 13.00: Vibrational check and workshop**
 - Cleaning of channels and chakras / vibrational workshop
 - Sahaja Yoga techniques and treatments deepening (footsoak, shoebeat, string- knotting, camphor, use of 5 elements)
- 13.00 -14.00: Lunch
- 14.00 -16.00: Siesta time
- 16.00 -16.30: Evening tea/coffee time

- **16.30 -18.30: Guided tour of Shri Mataji's Castle and meditation in Shri Mataji's apartment**



- 19.00 – 20.00: Dinner
- 20.30 -21.00: Collective meditation
- **21.00 Musical evening:**
 - Indian dance
 - Live music
 - Sahaja bhajans

Sunday, November 1st, 2015

- 6.30: Individual Meditation
- 7.30 - 8.30: Collective meditation and video
- 8.30 - 9.30: Breakfast
- **9.30 - 13.00: Vibrational check and workshop**
 - Sahaja Technique
 - Vibrational Workshop
 - Chakra Massage
 - Music therapy
- 13.00 -14.00: Lunch
- 14.00 - 15.00: Siesta time
- 15.00 -15.30: Evening tea/coffee time
- 15.30 - 16.30: Afternoon activities
 - Meditative experiences sharing
 - Questions and answers
- 16.30: Farewell from Casaforme

Important information:

- Seminar cost is € 108 inclusive of all expenses
- We recommend all Sahaja Yogis to subscribe at the earliest as there are limited seats available
- In order to subscribe please email at wellness@sahajaworldfoundation.org OR call at 0039 0143919805

Board & Lodging

Please be informed that there is a limited number of places. The Wellness Camp will be hosted in the Casa Forme Villa, located in the beautiful natural setting of the Cabella countryside with spectacular views across the Val Borbera and the divine vibrations from this sacred site chosen by Shri Mataji Nirmala Devi. Guests will be accommodated in comfortable dormitories with heating system; single beds with bed linen, a blanket and a towel. All meals will be provided and served according to a fixed and healthy menu.



How to reach Cabella Wellness

The Casa Forme Villa is very close to the Hangar where the important events are usually held in Cabella.

Address: Localita' Casa Forme, 2, Postal Code: 15060, Cabella Ligure (AL), (0039) 0143 919805

By Air: The nearest airports are GENOVA & MILANO (Malpensa, Linate, or Bergamo)

By Road: Take the motorway MILANO – GENOVA and exit at Arquata Scrivia. From the exit, turn right towards Cabella Ligure.

Google Maps Link to Casaforme



GPS COORDINATES: [44.680416, 9.089456](https://www.google.com/maps/place/Cabella+Ligure/@44.680416,9.089456,15z)

By Train*: From MILANO or GENOVA, take the train to Arquata Scrivia. There are buses to Cabella from the train station. If there is no suitable connection we will come and pick you up.

*Download the train timetable for Milano Centrale to Arquata and from Genova to Arquata from the [Downloads](#) page.