

# Being Silence Retreat

A Blissful Welcome Back Home



## The Invitation

The Pure Silence within, can heal absolutely everything. All it needs is to be allowed.

### A Highly Personalised Experience

Allow yourself to fall into the sweet arms of your Breath, letting it bring you safely back Home, hand in hand. Move beyond Illusion's distracting noise, embracing Being Silence, gaining clarity into the crystalline purity of your Essence and BE One with All that you Are.

**Dates & Location:** 27th December 2019 to 1st January 2020

**Minimum and Maximum number of participants:** 3 to 8

1

### UNLEASH

Your dormant multidimensional senses

2

### TRANSCEND

Separation. Experience the True Alchemy of merging Human & Divine.

3

### EXPERIENCE

Compassion in all of its Glory.



### Embrace Yourself Fully

All of your Humanity, All of your Divinity.



### Find Total Peace

With your inner and outer world.

### Allow Energy to Serve you



With Balance and Abundant Bliss

## This uniquely personalised experience includes:

5 nights accommodation, single occupancy, full board

5 days of Silence and Introspection practice, 6th and last day, participants will be able to share and interact

Daily Yoga practices with Mansi Mahajan and Breath of Isness Meditation with T. C. Aeelah (Tania Castilho)

1 head and foot massage

1 Individual Assisted Introspection Session with T. C. Aeelah

1 Individual Swing Yoga Class with Mansi Mahajan

1 Individual Osha Card Reading Session with Mansi Mahajan

1 Havan Fire Ceremony

1 Sufi Music and Dancing Celebration - New Year's Eve Celebration (in Silence)

1 Day trip to Organic Farm, where Yoga, Breath of Isness, walks in Nature and lunch will be held

1 Surprise Welcome Gift

**Extra Astropsychology Session with Astropsychologist Pedro Fernandes (based on Western/Solar Astrology)** can be booked to take place prior to Retreat or after Retreat. View below for more information - page 4.



## ABOUT MEALS AT HOUSE OF KAPAALI

Indian cuisine is an assault on all of your senses; colourful, spicy, aromatic, textural and complex flavours are what make it so very unique. We at House of Kapaali endeavour to prepare dishes that would be easy on the palate but at the same time have all the flavours and textures that are typical of Indian cuisine. The food is carefully prepared in our kitchen using fresh local produce that is in season. Our style of food is what you would eat in a regular Indian home as opposed to a restaurant. Please share with us also if you have any allergies or dislike certain foods so we may work that into our menu.



**“The journey goes on far, far into the unknown and until you stop seeking you will never realise all that you already Are.**

---

So stay dear One, stay, and allow Love to fulfil you from the depths of your most Sacred Silence.”

T. C. Aeelah

**[Click to watch Video](#)**

---

Our approach to food is basic and simple, we try to use as much unrefined and organically grown produce as possible. To tie in with the Yoga and meditation programs you would be doing we have planned ayurvedic meals on some days to enhance your body’s energies. Nutritious and wholesome food prepared as per ayurveda can have amazing therapeutic effects. Ayurveda is an ancient Indian science for holistic healing and balance of the body.

We make cold pressed juices and smoothies from seasonal fruits and vegetables that are served on request every morning. At House of Kapaali we take our coffee and tea very seriously too! Ranging from the indian ‘Masala Chai’ to fruit and flower teas like lotus, jasmine, hibiscus, there is lots to choose from. The ardent coffee lover won’t be disappointed either!

For this Retreat we will be opening the option of intermittent fasting or water fasting for 24, 48 or 72 hours. This practice gives the body a reprieve from the constant need to digest and opens up space for a deep cleanse, though in order to go for the water fasting option, we will require further information from interested participants prior to embarking on this journey.



**[Being Silence Retreat Facebook Page](#)**

**[House of Kapaali Link](#)**

**[InPassion Coaching Link](#)**

# About House of Kapaali

Award winning boutique Bed & Breakfast

Best Bed & Breakfast in India - National Tourism Awards

Set amidst the verdant greens of Greater Noida, about a 35 minutes drive away from downtown Delhi. **House of Kapaali won the best Bed & Breakfast in India, two years in a row at the National Tourism Awards by the Government of India.**

[www.houseofkappali.com](http://www.houseofkappali.com)

We have **8 thematically curated rooms**, out of which 7 consist of king size beds and 1 with twin beds.

**Number of people for Being Silence Retreat:** 8 on single occupancy

For our **Yoga** practices and **Breath of Isness** Meditations, we will be using either our **in-house space**, our **outdoor patio** or the **nature park** in the vicinity of House of Kapaali.

We have an **Organic Farm** about 25 minutes from the B&B, where yoga/Breath of Isness/ walk/ lunch will be arranged on day 3 of our Programme.

**The inclusions in the Being Silence Retreat Package:**

- Unlimited wireless internet
- Specially packed eco friendly herbal toiletries
- 24 Hours Service support
- Comprehensive housekeeping facilities

**Cycling-** we have 4 in-house cycles that you're free to ride

**Being Silence Retreat Package:** 1400€ per person (including all mentioned so far, pages 1 to 4)

**Services we provide on a chargeable basis:**

- Laundry
- Pick Up & Drop Facility on call

**Extra Astropsychology Session with Astropsychologist Pedro Fernandes (based on Western/Solar Astrology):** 80€ (can be booked prior to Retreat or after Retreat). For more information on Pedro Fernandes' work please view [www.tempora.pt](http://www.tempora.pt)

## About Mansi Mahajan and T. C. Aeelah

Your Being Silence Retreat Facilitators & Safe Space Holders

**Yoga classes** are conducted by Mansi, a Yoga Alliance qualified trainer. Mansi gives private as well as group classes focusing on a deeply profound experience of fitness while inculcating a positive and reverent attitude. Each class is a harmony of spontaneous movement and a celebration of within and without. Below are some of the forms of yoga she offers.

**Hatha Yoga – Vinyasa Flow – Acro Yoga – Swing Yoga- Pranayama – Sacred Circles - Guided Meditations - Osho Tarot Cards**

**For Being Silence Retreat (classes are appropriate for all levels, including complete beginners:**

27th - Day I- Group Class - Opening circle & Pranayama

28th- Day II- Group Class- Hatha Yoga & Pranayama

29th- Day III- Group Class- Vinyasa Yoga & Pranayama

30th- Day IV- Group Class- Partner Yoga & Acro Yoga

31st- Day V- Group Class- Yogathon (108 Sun Salutations) or Goddess Flow session

### Balance

Peace comes from bringing All back into Balance, as One.



### Trust

Witnessing the Human Mind with no fight, as you



blissfully Trust Isness.

### Freedom



Accepting and Allowing your full Presence to Flow unrestricted.

**Breath of Isness Sessions** are conducted by T. C. Aelah (aka Tania Castilho :) She will tell you the story behind the name T. C. Aelah at the beginning of the Retreat).

Tania is a fully realised Human Being, enjoying each Breath with Passion and Gratitude, living her life in full harmony and surrender to her purpose of just Being, experiencing the constant discovery of learning from her Essence. She playfully calls herself a Changeologist which she coins as being “a conscious explorer of the Science of Change”. Through her Conscious Breath Meditations - Breath of Isness - she provides a comfortable Safe Space, accompanying you Back Home, in your Centre, in your Body, in this complete Now Moment, to then expand your consciousness beyond illusion, allowing your own radiating Wisdom to hold you with Love and Care as you merge more and more with your own Essence, Human and Divine as One, embracing the Shadow and the Light in a New Reunion. [www.inpassioncoaching.com](http://www.inpassioncoaching.com)

### For Being Silence Retreat

**(Breath of Isness is appropriate for seasoned Meditation practitioners as well as complete beginners):**

27th - Day I- Breath of Isness - after main Introduction + after dinner

28th- Day II- Breath of Isness- morning after breakfast + mid afternoon + after dinner

29th- Day III- Breath of Isness - morning after breakfast + mid afternoon

30th- Day IV- Breath of Isness - morning after breakfast + mid afternoon

31st- Day V- Breath of Isness - morning after breakfast + mid afternoon

1st Jan- Day VI - Breath Isness - Final Session before Group Sharing and Conclusion

To listen to some Free Breath of Isness Sessions by T. C. Aelah, [CLICK HERE](#) and [HERE](#)

## About Being Silence Retreat

### Simple Guidelines

There will be no socialising amongst participants, since each one is present to experience their own silence and to deepen one's relationship with oneself, with the added benefit of each other's Essences' support (each one's Isness), as all gather at this occasion with the same purpose of simply Being in Silence.

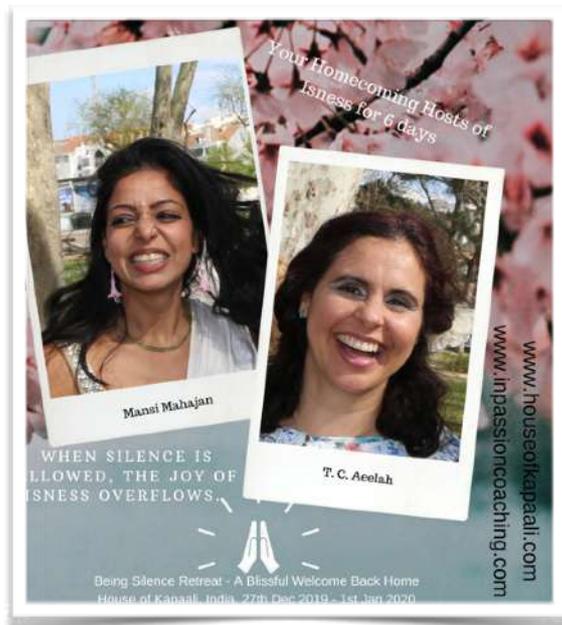
Please bring a notebook and pen or pencil, in order to write your own internal perceptions and deepen the process of clarity towards being aware of the difference between the mind's chatter and the Soul's voice.

During meals and all other moments, silence will be kept.

Both Mansi and Tania will be supporting you throughout the whole retreat, holding a safe and peaceful space of reunion with Isness. You will feel the loving gentleness of this support, allowing you to completely surrender to this experience, knowing you are cared for at all moments. Your own Essence will be your guiding force, providing the most compassionate embrace at all times and the veils of illusion will dissolve gradually as you allow yourself to Stay and Receive.

Each one will experience Silence individually and however each one feels to be most appropriate.

No reading, no TV, no mobile phones and social media browsing, no mail opening... Just you with yourself, fully :) Participants can create any form of art during the Retreat, except for music, so as not to disturb other participants.



## Extra Options

### Activities and Tours after Being Silence Retreat

**Surajpur Bird park**- is only a 15 minute drive from us and we'd be happy to take you there, an experienced ornithologist can be made available on prior booking.

**Bollywood dance class, Sari Tying & Henna hands**- Learn to awaken the sacred rhythms of the body to acknowledge the divine feminine within.

**Indian cooking class**- Learn simple yet authentic Indian preparations with take home recipes of your favourite Indian dishes.

**Natural Cosmetics Class** - learn how to make your own healthy and natural cosmetics.

**Visit to Agra**- We are located at an ideal location to be able to drive to Agra as a day trip to visit the Taj Mahal.

**Delhi Sight Seeing**- We can arrange day trips to soak in the important cultural and historical landmarks of Delhi.

**Visit to Jaipur additional 5 day package** - 3 nights at House of Kapaali Serviced Apartments, 2 nights in Jaipur, 2 days in Jaipur, one day trip to Taj Mahal, one day sight seeing in Delhi and 1 day in Old Delhi

**Additional 3 day package** - including 3 nights at House of Kapaali Serviced Apartments, including breakfast, one day trip to Taj Mahal, one day sight seeing in Delhi and 1 day in Old Delhi

For more information on any of the above mentioned Activities and Tours please request by email:

[mansi@houseofkapaali.com](mailto:mansi@houseofkapaali.com)

**Note:** You can come and stay at House of Kapaali prior to the Being Silence Retreat. Please let us know of your interest and we will provide more information.

After the Retreat, accommodation will be at House of Kapaali's Serviced Apartments, with single or double occupancy rooms.

## Platinum Isness Package

### A 6 month journey of Isness

In order to support you in your choice of Staying Home, Present and merging breath by breath with your Essence, Mansi and Tania will be providing weekly sessions and supporting your Safe Space - Yoga with Mansi and Isness Integration Sessions with Tania - throughout 24 weeks, culminating with another 5 day Being Silence Retreat. You can also choose to do 3 Astropsychology Sessions with Pedro Fernandes during this period.

Mansi will be with you once a week and Tania every other week, supporting you as you embrace the shadows that come forth, allowing yourself to set the past free and letting go of all expectations around the future, no longer rejecting any part of you, as all is welcome into the Pool of Isness you ultimately Are.

This package includes the initial New Year Being Silence Retreat, 24 weeks of continued support and a final Being Silence Retreat. The sessions will take place through Zoom videoconferencing platform, unless the participant lives nearby either Mansi or Tania, in which case the sessions can be held in person with one of them and online with the other. The same applies with Pedro Fernandes' Astropsychology sessions, if chosen as well.

**For more information please contact us:**

[mansi@houseofkapaali.com](mailto:mansi@houseofkapaali.com)

[infoinpassioncoaching@gmail.com](mailto:infoinpassioncoaching@gmail.com)

## Important Notice:

In order to reap the full benefits from this experience, it is important to allow yourself to feel completely, which means being free from anti-depressants and other psychotropic medications.

Please note also that this experience is not for individuals suffering from severe mental illnesses, such as schizophrenia, psychosis and other psychiatric conditions.

Individuals embarking on this experience take full responsibility for the transformation process they will be undergoing within themselves and are aware that they require emotional maturity and stability to be able to face and feel all of the parts of themselves now being welcomed back home, in deep acceptance, compassion, serenely letting go of past patterns, belief systems and habits that each one for themselves will recognise as being no longer useful. This is an entirely personal and personalised process and each one will have their own, unique experience, being totally accountable for it, in Peace and Gratitude.

