

ARYAVARTA SOCIETY



Brigitta Rehwald

Vice President

Training in cosmetics and as Make Up Artist and further training in all types of massage, such as Shiazu, acupressure, foot reflexology, classic tissue massage and energetic massage. In the 1970s she was co-owner of a karate school and has a master's degree in karate living in Switzerland and Brazil.

Since 1982 Brigitta is owner of a cosmetic studio.

She has more than 30 years of experience in yoga, meditation, Sufism and Kashmiri philosophy.

When she embarked on her own spiritual search to explore what Truth and Reality means, she met Richard in 1989 on a weekend Retreat. Since then she has had the benefit of studying and receiving teachings from him, his Sources and his different lines of work. He exemplified a complete approach to her lifelong questions and shifted her inner life. Especially the Sufi wisdom helped open her eyes to a larger reality:

“You have to see with your heart, the essential is invisible to the eyes”.

She also met Marie-Theres Stofer at a Retreat in 1989, a friendship connected both until Marie-Theres left this world.

During her travels and stays in India, Switzerland and Austria she experienced how important places of silence are for the balance between body, mind and soul. These experiences sparked her interest and commitment for the Aryavarta Society projects. Since the foundation of the Aryavarta Society 2007 she is supporting all the activities with a helping hand, and since 2015 with a focused commitment to the Saptarishi project in India.

With the generosity and heartfelt input from Marie-Theres the Aryavarta Society is able to support and create projects in accordance with her wish. Brigitta continues the work for the Society in the spirit and loving memory of Marie-Theres.

“I always was looking for the meaning behind the life that makes sense to me, the recognition of the Truth - Something that cannot be reduced any further.”