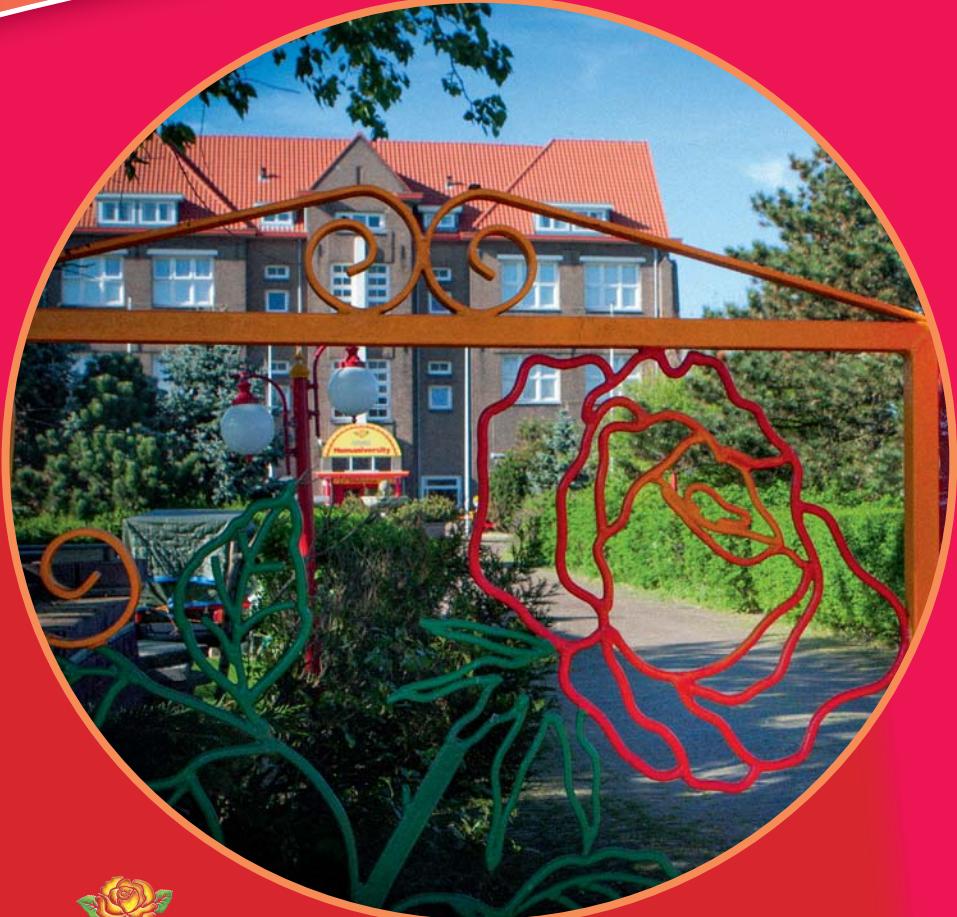


Osho Humaniversity is an international center for personal growth, therapy, spirituality, professional development, and the training of therapists. It was founded in 1978 by Veeresh D. Yuson-Sánchez, and is based in Egmond aan Zee, on the North Sea coast in the Netherlands.

The philosophical aim of the Osho Humaniversity is 'Working with People for a Better World'; a goal which the institute teaches by providing

extensive and intensive experiential education – the combination of emotional awareness and wisdom, and objective, practical information. This takes place in a dynamic communal living environment with a high level of social interaction.

The Osho Humaniversity has several affiliated centers throughout the world, including UK, Sweden, Italy, Canada, and Israel.



**OSHO**  
**Humaniversity**  
SCHOOL FOR MASTERS

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**OSHO**  
**Humaniversity**  
SCHOOL FOR MASTERS

A 14 – day  
Journey of  
**SELF-  
DISCOVERY**



The **Tourist  
Program**

# The Tourist Program



Sharing

For over 30 years, the Humaniversity has been offering the "Tourist Program" - a 14 – day residential course. The program offers an ideal environment for people who want to work intensively on themselves in a short period of time, free from day-to-day responsibilities.

The Tourist Program is a guided self-help course where we establish your goals and the areas of yourself you would like to develop or resolve. You are encouraged to take an active position in your process, to share what you need and to identify what would be a challenge for you.

In this way, your assignments, which are your personal link to the program sessions and schedule, have the most value and enable you to become a complete and fulfilled human being. The course leaders have a wealth of experience to guide you.

The Tourist Program is an in-depth introduction to the work of the Humaniversity and is a prerequisite to participation in our other residential Programs.

A 14 – day journey of self discovery

## *The Program is appropriate for those who:*

- Seek to explore, develop and grow as individuals. You will find excellent opportunities for insight and self-transformation.
- Want to explore new possibilities and go beyond their boundaries.
- Are keen to expand their education by directly experiencing the innovative techniques used at the Humaniversity.
- Experience problems around depression, anxiety, low self-esteem, loneliness, sexuality, guilt or relationships. You will gain valuable insights to enable conscious decision-making and empower you to make better choices.

More complex problems, such as phobias, need further time to explore and overcome. Also, for people with eating disorders, such as bulimia and anorexia, and for people who have problems with addiction (for example, alcohol or drugs), there is a special Addiction Foundation Program (HAPI) which has a duration of between three months to two years. The HAPI Program is individually supervised and begins with participation in a four week Tourist Program.



Beach Walk

## *Purpose of the Program*

The aim of all the program activities is to increase your insight and self-acceptance, and stimulate life energy and friendship.

You learn that you are not alone with your difficulties and that life has more to offer than just "my problems." You learn to take responsibility for yourself, to go beyond your usual limits and to achieve greater fulfilment in your life.

## *A Typical Day in the Program*

The course takes place within the Humaniversity. The program is highly structured and aims to keep participants as active as possible. A daily schedule can look like this:

Wake up early, with an active morning meditation. Before the first group session in the morning there is house cleaning. After lunch there is a beach walk, followed by a second group session. After afternoon tea there is a "mood report" - a sharing session with one or more of the therapists, followed by a third group session.

After dinner there is often an evening class followed by socializing in the Boozeria, our famous bar-disco, where you can dance till the early hours. Some days may end with a sauna and massage, or a cappuccino and snack in our coffee shop. It's a round-the-clock schedule that can change from day to day and sometimes more than once a day, to best respond to the specific needs of the participants.

Participants in the Tourist Program form a 'family' within the Humaniversity community. Living and working together with others can bring up a lot of feelings and emotions, which can be worked out in the sessions and with the support of your tourist family.

At the end of the day, you return to your open plan (male or female) dormitory. By living communally, you get to know each other very quickly and learn the most about yourself in the shortest possible time.

## *The Therapeutic Techniques*

### **Emotional Healing**

Emotional awareness and the ability to express any of the four basic emotions: fear,

anger, pain and love are essential to healthy mental well-being.

Emotional work forms a large part of the program. A technique that is often used is 'Flushing', which is an innovative emotional release technique created by Veeresh. This combines elements of bonding, primal scream, free association and sharing. Expressing repressed emotions creates clarity and strength in the present moment. Insight into your emotional defence methods can lead to positive and lasting changes in your life, and you can experience deep and transformative love again.

## Encounter

Encounter literally means "meeting" and is the backbone of the Humaniversity community. In the Encounter sessions you are encouraged to openly express your irrational feelings towards each other with the aim of coming closer and clearing the way for love and friendship.

## Bodywork

Physical energy and emotional energy are closely connected. By working on the muscular tensions that form the body "armor," emotional blocks are released. The aim of bodywork is to give you a solid and emotionally balanced



Love is always the answer



Divine Healing

grounding. A very simple and joyful form of bodywork is dance, which is used as warm-up for the program sessions.

## Martial Arts

The Humaniversity has developed its own Martial Arts style, called 'Osho-Do', which draws from various martial art styles including Hapkido, Karate, Aikido and Ninjutsu. Osho-Do improves centering and balance within the body and develops positive self-esteem. Part of Osho-Do is the Street Awareness Program (SAP), a simple and highly effective form of self-defence. The Humaniversity has a large Dojo where Osho-Do and SAP, as well as Tai Chi, Yoga and Archery are practiced.

## Sexuality and Sensitivity

In the unique environment of the Humaniversity you are supported to safely explore your sexuality. A lot of attention is given to awareness around this delicate subject. The emphasis is always on relating, friendship and responsible hygiene.

## Sociodrama, Role Playing

You get a new name for the two weeks that you are here. The names serve to emphasise a certain aspect of your personality, and often change more than once in the course of the program. The purpose of this approach is to

make you more aware of yourself and to come to greater self-acceptance.

We have a large collection of theatre clothing available and you will often get an assignment to dress up for a certain role. As you do this you realize patterns of behavior which often lead to emotional insights and greater self-awareness.

For example, somebody who is very depressed may receive an assignment to dress up as a



Emotional Release

clown and entertain everybody. In so doing, he/she realizes that standing in front of an audience is not such a frightening experience as he/she previously thought. Somebody with very low self-esteem could get a name that reinforces his/her feeling of self-worth, like "I Am Beautiful" or "Turn On." Such feedback can be invaluable in creating and supporting a change of mood.

## Social Meditations

Meditation is slowly becoming an accepted part of Western culture. The Humaniversity draws from various traditional Eastern approaches and demystifies and integrates them into our therapeutic process. The emphasis is on active and interactive meditation techniques. Social meditation is one of Veeresh's many innovations. Instead of meditating by yourself, you have intensive and interactive contact with other



Hugging

people, who become mirrors through which you can see yourself clearly. The Humaniversity's best known social meditation is the AUM Meditation, which leads participants through an intense experience of 14 aspects of human nature: hatred, forgiveness, love, stamina, life energy, chaos, dance, tears, laughter, sensuality, chanting, silence, respect and sharing.

## Creative Expression

Creativity is an important part of the program. It takes the form of drawing, painting and theatre performance. Creating, rehearsing and performing theatre as a group enhances team building skills and encourages spontaneity and playfulness.

## Hugging

It has been scientifically proven that physical touch is one of the most neglected needs of a human being. Hugging is one of the basic techniques used in the Humaniversity. You may get the assignment to give a hundred hugs per day. This strengthens the feeling of being loved and accepted by the people around you.

## Questions & Answers

You have the opportunity to meet the Humaniversity staff in an informal and

relaxed setting, and discuss your problems, share your experiences and ask questions.

## Weekend Workshops

As part of the Tourist Program you will join two weekend workshops. Within these workshops you will meet and work with a different group of people, with different group leaders. This will provide a fresh input to your process in the Tourist Program.

## Sharing Sessions

Every day there is a group sharing session with one or more of the therapists about your progress or insights. Alongside these "mood reports" there is always the possibility for individual counselling.

## Participants' Comments

*"I think the reason why Humaniversity Therapy is so successful is that you go through everything with people who welcome your aliveness rather than deny or suppress it. This helps you to accept yourself and the people around you very quickly."*

Alex Brown, SMArt Computer Design,  
La Gomera

*"The Tourist Program has given me the most entertaining and inspiring lessons in my life. You could see it as maintenance in arrears. Everything you always wanted to change in yourself, but never got around to doing. You learn how to make your own choices, rather than being pulled along by the opinions of others."*

*The Humaniversity helps you create a more positive view of yourself and you don't stay*

*stuck in automatic, convenient patterns. You learn to deal with the jungle of daily life, and you learn to achieve the things you want with your own power. It's emotional sport - you learn to connect with your own power."*

Peter Faber, Actor, the Netherlands

At the end of the course many people experience a feeling of well-being, increased vitality and greater sense of connection with the surrounding world. Many people have stated that the Tourist Program was a positive turning point in their lives. They learnt to change their view of themselves and acquire new possibilities and choices for living a successful and fulfilling life.

## Duration of the course

The program runs for 14 days, Monday to Friday, every week throughout the year, except from mid July to mid August and at the end of December. Because of the international nature of the Humaniversity, the language spoken is English.



## Practical Information

### How to apply

Admission is by personal interview. Please phone to make an appointment with one of the therapists, and submit a written life story.

Interviews are daily, Monday to Friday at 12:00 pm.

### Life Story

This should cover two to three A4 pages and deal with the following issues: How was your childhood? What kind of family did you have? How was your relationship with your family members? Were there any traumatic experiences (e.g. loss of loved ones, hospitalization) in your life? Are you in a relationship? Do you have children? Do you have friends? How many and how close? What are your hobbies? How do you see yourself and how would you like to be?

### Fee

€1970.- This includes food, accommodation and admission interview.

## Payment

Your payment can be made in the following ways:

- By bank transfer  
ING Bank, Weijdestraat 2,  
1817 MJ Alkmaar, The Netherlands  
Bank Identifier Code: INGBNL2A  
International Bank Account Number:  
NL27INGB0651158885  
in the name of Stichting  
Humaniversity,  
 Egmond aan Zee, The Netherlands
- Cash on arrival
- Credit card

