

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.

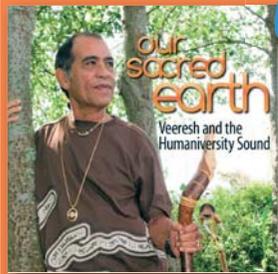
The philosophical aim of the Osho Humaniversity is 'Working with People for a Better World'; a goal which the institute teaches by providing

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.

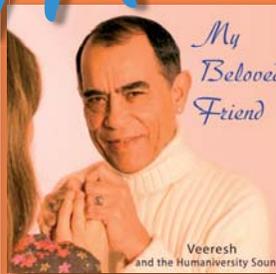
The Osho Humaniversity has several affiliated centers throughout the world, including UK, Sweden, Italy, Canada, and Israel.



## The beautiful *Music* to our Social Meditations



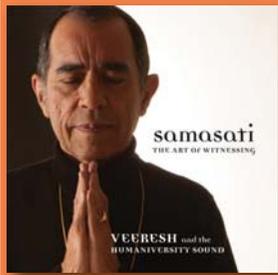
Our Sacred Earth Meditation



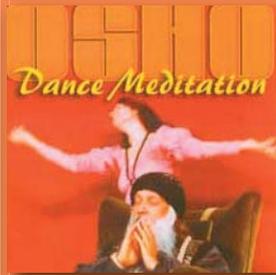
Friendship Meditation



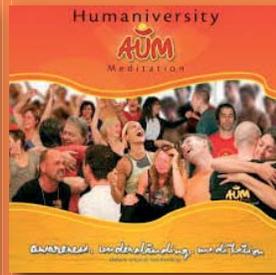
Love Meditation



Samasati Meditation



Osho Dance Meditation

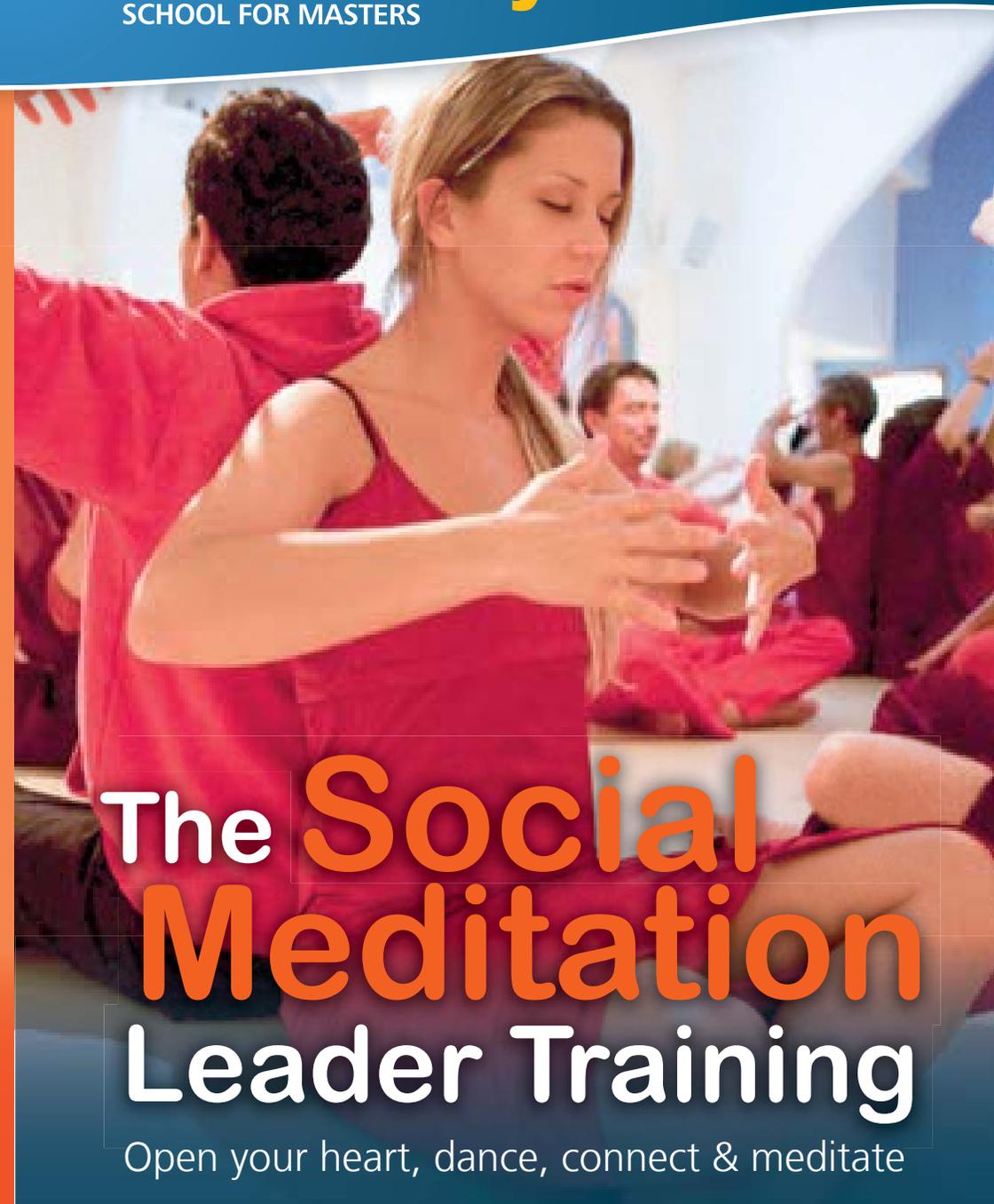


AUM Meditation

Is available on CD at [humaniversity.com/shop](http://humaniversity.com/shop)  
or in the iTunes Store & the Booking Office



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# The Social Meditation Leader Training

Open your heart, dance, connect & meditate

# The Social Meditation Leader Training

with Chandrika



*Social Meditations are Veeresh's contribution to the world of meditation. As the founder of the Humaniversity, Veeresh has created these extraordinary meditations with his lifetime of experience in working with people.*



Social Meditations were first developed in 1989 by Veeresh, founder of the OSHO Humaniversity. Most people think of meditation as sitting in silence. Social Meditation is the art of using the other as a mirror to see oneself. In this innovative approach, you will dance, meet people and express yourself. These activities help you to relax into the present moment in the fastest and most enjoyable way possible – by being with others. And as you nourish your body and mind, you are naturally led into a space of stillness and meditation.

Social Meditations are facilitated all around the world in 35 countries. Join our worldwide team of leaders and gain the experience and confidence to lead these powerful group activities on your own. They are an ideal way to help people let go of stress, renew their energy, and come together with warmth and understanding.

## The Social Meditations taught in this training are:

- Our Sacred Earth Meditation
- Friendship Meditation
- Love Meditation
- Samasati Meditation
- Osho Dance Meditation
- Tan-Ju Meditation

## Training Details

This five-day training takes place twice a year and starts by participating in the meditations during the weekend to get a first experience. During the three following days you will receive personalized coaching to lead the meditations with others.

## The Training includes:

- Full participation in the Social Meditation weekend
- Practical experiences of leading the meditations including video feedback and evaluation
- Daily sharing and group counseling sessions
- Support to help you move beyond your personal limitations and blind spots
- Participation in emotional release structures
- Learning to work in a team
- Learning to adapt the meditations to special circumstances (e.g. different experience levels or few participants)
- Networking to create support for your future experiences

In order to obtain the Social Meditations Leader Certificate, you will need to demonstrate that you have acquired the knowledge, skills and character needed to lead these meditations with the public.

## Course Counsellor



**Chandrika**

"Friendship is what gives me the joy to live."

## Schedule

**May 25 - 30, 2018**

**Social Meditation Leader Training**

Fri 19.30 – Wed 21.00

€ 840

**September 21 - 25, 2018**

**Social Meditation Leader Training**

Fri 10.00 – Wed 19.00

€ 840



### Our Sacred Earth Meditation

Shake off the stress and worries that keep you from enjoying life. Relax your mind and body through stages of shaking, dancing, stillness and hugging.



### Love Meditation

When you say yes to love, your life changes. Using gentle exercises, singing, dancing and hugging, this meditation is a journey that will melt your soul and open your heart.



### Friendship Meditation

Make new friends in one hour! Dance, sing, hug and express what friendship means to you. "Do you know what friendship is? It is the highest form of love." Osho.



### Samasati Meditation The Art of Witnessing

"The purpose of this meditation is to bring awareness to the denial and fear people have regarding death. The goal of this meditation is to practice the art of witnessing." Veeresh.



### Osho Dance Meditation

The Dance Meditation is a tribute to Osho. It guides you to flow into the space of meditation through dance, silence, hugging and celebration.



### Tan-Ju Meditation

Hey brothers, hey sisters, we have a message for you! This meditation is a journey from isolation to connection through the eyes of teenagers.

**Early bird discounts available. For reservations contact our booking office:  
info@humaniversity.nl www.humaniversity.com**