

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.

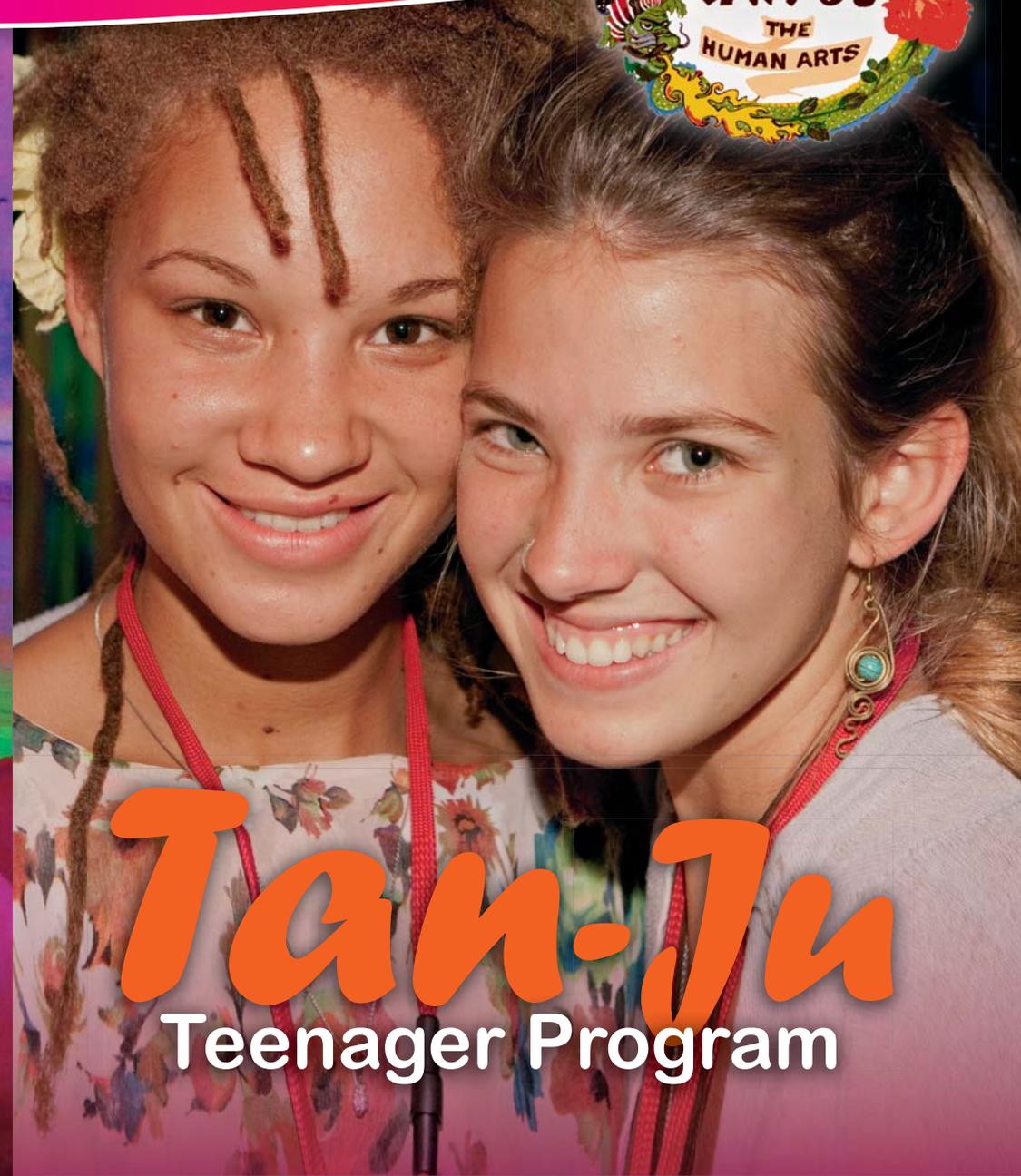
The Osho Humaniversity has several affiliated centers throughout the world, including UK, Sweden, Italy, Canada, and Israel.


OSHO
Humaniversity
SCHOOL FOR MASTERS




OSHO
Humaniversity
SCHOOL FOR MASTERS

Osho Humaniversity, Dr. Wiardi Beckmanlaan 4, 1931 BW Egmond aan Zee, The Netherlands
+31 (0) 72 506 4114, info@humaniversity.nl, www.humaniversity.com



Tan-Ju
Teenager Program



Tan-Ju symbolises the young generation, the spirit of the future. It teaches the Art of Being Human. By living together we learn how to love ourselves, to be friends and to care of our surroundings and our planet. The program is supported by three pillars:

1. Education

- Communal Living
- Seminars
- Encounter
- Bodywork
- Massages
- Emotional Release
- Social Meditations
- Communication Skills
- Creativity (music, arts and theater)
- Working in Departments
- DJ Training
- Bar Training
- Questions about life answered by Humaniversity Staff

2. Recreation

The OSHO Humaniversity is situated on the dunes and near the beach of Egmond aan Zee.

- Martial Arts
- Swimming
- Jogging
- Sauna
- Dancing

3. The Art of Hanging Out

You will have a place where you can spend time together and hang out with Tan-Ju friends.



Tan-Ju is a school for teenagers from all over the world, who want to go beyond their usual education and learn about who they are, how to relate to each other, how to make friends and how to create a fulfilling life with loving relationships.

1. FRIENDSHIP

Everything we do here at the Humaniversity is geared towards friendship. Living together, hanging out together, doing meditations together. It doesn't matter what you do; you always have friends around you. The goal is to become friends with all the other Tan-Jus. You learn how to take care of yourself, your friends and family, how to express yourself, how to work together as a team and how to be creative together.

Through being sincere and working out your difficulties with each other, you will be able to trust and open your heart. By sharing love you will create everlasting friendships. 'Once a Tan-Ju, Always a Tan-Ju'. It means that we are 'Friends Forever'.

2. MEDITATION

The process of being a teenager and growing up can bring new and sometimes difficult situations. Feelings of insecurity, fear, isolation and aloneness can appear and you might not know how to deal with them.

Through meditation you will get a clearer picture of who you are, what you think and what you feel. You will learn how to accept your emotions and find different ways to relate, express, communicate and understand them. Social Meditations will teach you how to be with yourself and with others.

3. CREATIVITY

You can profit from a great variety of activities which encourage your creativity: painting, making music, swimming, dancing. Towards the end, there will be a big Theatre Show in which everybody becomes a star on stage, performing a dance, a sketch, or a song. Your way of being creative shows who you are.

4. PERSONAL POWER

The Training in Personal Power includes Martial Arts (Training in Self-defence), the Street Awareness Program (SAP), Archery and Encounter work (e.g. the AUM-Meditation). You learn to balance and center your body, and to defend yourself.

You are encouraged to take risks and try out things that otherwise you would rather avoid looking at in your every day life. You become capable to stand up for your own values and those of your friends. You are supported to look at life in a positive way and go for what you want; that includes being aware of your own values, needs and feelings, and being proud of who you are. When you discover your strength and self-confidence, you find yourself giving and contributing to others. Then you are able to establish deep, loving relationships.

At the end of the program you will be proud to be a Tan-Ju and excited to be part of this beautiful family of friends.

Summer Tan-Ju: Mid July – Mid August € 2,635

11 days over Christmas & New Year € 935 Day price € 100



Chandrika U. Carrivick-Zimmermann

Chandrika is a psychologist and a Humaniversity Therapist. She has been leading her own groups for 30 years and the Tan-Ju School for teenagers since 1990. She is the Vice President of Humaniversity, she loves to cook and to paint mandalas.