



OFHOMIASTO2023

WORKSHOP
TRAINING
MEDITATION EXPERIENCE

March

- 4*-11 **PATH OF LOVE** Praful
- 12** 4/2 **21 DAYS OF TRANSFORMATION WITH DYNAMIC MEDITATION**
Shanti
- 15-19 **SUPERVISION INDIVIDUAL CONSTELLATION** Siddho and Anurag
- 15-26 **VOICING® INTERNATIONAL TRAINING 7** Pratibha
- 24-26 **MEDITATION EXPERIENCE** Miasto Staff
- 27 4/2 **PSYCHIC MASSAGE TRAINING 4** Vartan
- 27 4/2 **OSHO PULSATION ADVANCED TRAINING 3** Magna and Maitri

April

- 4-10 **OSHO NO MIND WORKSHOP AND TRAINING** Adhiraj
- 6-10 **LIVING WITHOUT FEAR** Prashantam
- 8-10 **LIQUID JOY** Rabamashi
- 8-10 **CLAY: ART IN YOUR HANDS** Sumito
- 13-16 **PRIMAL BREATH** Dwari
- 13-19 **TANTRIC PULSATION TRAINING 3** Aneesha
- 14**-16 **MEDITATION EXPERIENCE** Miasto Staff
- 19-23 **HEALING THE INNER TEENAGER TRAINING 1** Svarup
- 22-28 **CRANIOSACRAL BYODINAMIC® TRAINING 6** Kavi and Bhadrena
- 22-25 **THE FOREST YEARS** Aneesha
- 23-25 **HEALING DANCE INTRODUCTION** Sambhava
- 25**-30 **SATORI** Kapil
- 28 5/1 **YES TO LIFE: SYSTEMIC CONSTELLATION** Siddho and Anurag

May

- 1 **ART AND SOUL TREKK DAY** Darshana and Sahaja
- 3-7 **OSHO MEDITATION TRAINING 1** Shunyo and Marco
- 5-7 **THE BREATH OF THE DOLPHIN** Shanti
- 6-7 **HEALING THE INNER CHILD** Svarup
- 11-14 **GROUNDING AND FLOWING** Magna

- 12**-14 **MEETING WITH MEDITATION** Gyanprem
 16*-23 **PATH OF LOVE** Sambhavo
 26-30 **VOICING® INTERNATIONAL TRAINING 8** Pratibha
 26-28 **WATER MEDITATION EXPERIENCE** Keli
 26**-28 **AMOME®** Aseel

June

- 1-4 **LIVING YOUR LONGING** Sudhir
 1-4 **TANTRA IN WATER FOR COUPLES** Anjori and Dhayria
 2**-4 **AUM MEDITATION: A STEP TO INNEREVOLUTION** Dakshina and Nandita
 2-4 **CLAY: CREATE YOUR BUDDHA** Sumito
 8 7/2 **ODB® ADVANCED TRAINING ASSISTANTSHIP AND INTERNSHIP**
 Dwari, Shanti, Adhiraj and Pushan
 8-11 **THE MEDICINE WHEEL** Anatta
 10-11 **FLOWING BETWEEN WATER, EARTH, AIR AND FIRE** Amina
 9-16 **ODB® OSHO DIAMOND BREATH BASIC TR. 1** Dwari, Shanti, Adhiraj and Pushan
 9 1/7 **ODB® OSHO DIAMOND BREATH TR.** Dwari, Shanti, Adhiraj and Pushan
 9-11/6 **TANTRIC BREATH** Dwari, Shanti, Adhiraj and Pushan
 14**-18 **TRANSFORM JUDGEMENTS** Kovida
 18-24 **ODB® OSHO DIAMOND BREATH BASIC TR. 2** Dwari, Shanti, Adhiraj and Pushan
 18**-25 **BARDO THODOL** Videha
 23-25 **WELLBEING AND RELAXATION: AQUAPRANA** Shanti
 26 7/1 **ODB® OSHO DIAMOND BREATH BASIC TR. 3**
 Dwari, Shanti, Adhiraj and Pushan
 29 7/2 **IKIGAI** Atimoda and Prem Daniele
 30** 7/2 **MEDITATION EXP. - ART AND SOUL TREKK**
 Darshana, Sahaja and Miasto Staff

July

- 4-9 **OSHO FAMILY CONSTELLATION BASIC TRAINING 1**
 Siddho, Anurag and Arpita

- 6-9 **I FEEL GOOD!** Dayita
- 7-9 **BETWEEN WATER AND SOUND: SILENCE** Rabamashi
- 7-9 **CLAY: POTTERY, CHILDREN AND PARENTS** Sumito
- 12-16 **UNDERSTANDING SHAME AND GUILT** Krishnananda and Amana
- 16-23 **NEVERENDING ADVENTURE, WORKSHOP FOR YOUNG PEOPLE AGED 16**
Advaita
- 19-23 **LEARNING LOVE 2: LIVING AND LOVING IN TRUTH**
Krishnananda and Amana
- 25 8/1 **TANTRIC PULSATION TRAINING 4 - SUPERVISION** Aneesha
- 26-30 **TANTRIC PULSATION** Aneesha
- 26-30 **O.P.H.® OSO PRANA HEALING TRAINING 2.1** Anunaya

August

- 3-5 **THE POWER OF THE HEART** Maneesha
- 3-12 **DANCE ALCHEMY TRAINING** Maneesha
- 4-6 **HEART DANCE WEEK END** Aneesha
- 10-15 **THE JOY TO BE MYSELF** Prashantam
- 17-20 **THE ART OF LOVE AND RELATING-CONSCIOUS RELATING** Svagito
- 21-27 **CRANIOSACRAL BYODINAMIC® TRAINING 7** Kavi and Bhadrana
- 21-27 **VOICING® INTENSIVE** Pratibha
- 22-24 **PRIMAL PAINTING - JOY AND CREATIVITY** Svagito and Kantu
- 25-26 **PORTRAIT AND SELF PORTRAIT** Svagito and Kantu
- 28-31 **CREATIVITY AND INNOCENCE** Svagito and Kantu
- 29 9/2 **VOICING® PRACTITIONER INTERSHIP 1** Pratibha

September

- 5-10 **OSHO FAMILY CONSTELLATION BASIC TR. 2** Siddho, Anurag and Arpita
- 6-10 **SUPERVISION GROUP OSO PULSATION - ADVANCED TRAINING**
Magna and Maitri
- 6-10 **THE MAGIC OF MEDITATION CONTINUES...** Shunyo and Marco
- 12-17 **PSYCHIC MASSAGE TRAINING 5** Vartan

- 13-19 **OSHO NEO VIPASSANA 5 OR 7 DAYS** Shunyo and Marco
- 13-17 **SUFI, THE WAY OF THE HEART** Videha
- 15-17 **BREATH WAVES** Keli
- 18 10/1 **INNEREVOLUTION** Dakshina and Nandita
- 22-24 **CLAY: MEDITATION AND SHAPES** Sumito
- 22-24 **OPENING TO FEELING: THE WEEK END** Magna and Maitri
- 22-28 **OPENING TO FEELING - OSHO PULSATION BASIC TR.** Magna and Maitri
- 28** 10/1 **TANTRA IN WATER: OPENING TO LOVE** Anjori and Dhayria
- 29** 10/1 **MEDITATION EXPERIENCE** Dakshina and Nandita

October

- 3*-10 **PATH OF LOVE** Sambhavo
- 11-15 **VOICING® INTERNATIONAL TRAINING 1** Pratibha
- 12-15 **THE ART OF LOVE AND RELATING-HEALING BONDING TRAUMA** Svagito
- 13-15 **WATER PLANET** Keli
- 13-15 **AWEKEN THE ENERGY!** Anunaya
- 18-22 **BREATH: ESSENCE OF HEART AND HARA** Dwari
- 18-22 **HEALING THE INNER TEENAGER TRAINING 2** Svarup
- 18-22 **A TOUCH OF LOVE** Dayita and Deva Oxana
- 20-22 **CLAY: POTTERY AND NATUR** Sumito
- 25-29 **THE ART OF DYING** Ramatheerta
- 25-29 **MEDITATION TRAINING 2** Shunyo and Marco
- 27-29 **LIQUID JOY** Amina
- 31 11/7 **TWICE BORN - OSHO PRIMAL** Svarup

November

- 3-5 **BREATHING FROM FEAR TO INTIMACY** Shanti
- 8-12 **O.P.H.® OSHO PRANA HEALING TRAINING 2.2** Anunaya
- 9-15 **TWICE BORN - OSHO TANTRA** Svarup
- 15**-19 **YOUR TRUE VALUES** Kovida
- 17-19 **FREEDING THE BODY: THE WEEK END** Magna and Maitri

- 17-23 **FREEING THE BODY: OSHO PULSATION BASIC TR.** Magna and Maitri
- 17-19 **LISTENING, RESONANCE AND SILENCE** Rabamashi
- 17-19 **CLAY: ART IN YOUR HANDS** Sumito
- 21-29 **VOICING® PRATICIONER INTERNSHIP 2** Pratibha
- 21-26 **OSHO FAMILY CONSTELLATION BASIC TR. 3** Siddho, Anurag and Arpita

December

- 2*-9 **PATH OF LOVE** Praful
- 11-17 **IT'S MY LIFE TRAINING - MY MIND** Prashantam
- 15-17 **CLAY: CREATE YOUR BUDDHA** Sumito
- 21**-26 **KYO OSHO ZEN** Prashantam
- 22**- 25 **MEDITATION EXPERIENCE** Miasto Staff
- 27-31 **THE TAO OF JOY: TOTALITY AND EXPANSION** Siddho and Anurag
- 28-31 **TANTRA FOR COUPLES** Anjori and Dhayria

Jan. 2024

- 2-7 **IKIGAI-VYVI TRAINING** Atimoda and Prem Daniele
- 3-7 **OSHO ZAZEN** Shunyo and Marco
- 5-7 **ENEAGRAMMA** Svarup
- 5-7 **CLAY: MEDITATION AND SHAPES** Sumito

Starting time - * 8.30 PM - ** 9.30 PM



OSHOMIASTO

INSTITUTE FOR MEDITATION
AND SPIRITUAL GROWTH - APS

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