

# Techniques & Methods

You can follow your path of growth by following a common thread that runs through multiple themes. Each theme is linked to different courses and training programmes. Choose what helps you untangle the knots that prevent you from living fully and achieving happiness, success, balance and serenity.

 <b>Bodywork</b> 	 <b>Dance</b> 
 <b>Painting</b> 	 <b>Pulsation</b> 
 <b>Primal</b> 	 <b>Breath</b> 
 <b>Family Costellations</b> 	 <b>Tantra</b> 
 <b>Osho Neo Vipassana</b> 	 <b>Voicing</b> 

# Path of Growth

Osho Miasto offers many opportunities, and it is not always easy to navigate the multiversity of courses and training programmes. This section helps you make informed choices, shape your journey step by step, and follow your aspirations.

 <b>Personal Retreat</b>	 <b>SAGAR Water Experience</b>
<b>Meditation Experience</b> 	<b>Miasto Awareness Program</b> 
 <b>Living the commune</b>	 <b>R&amp;M Relax &amp; Meditation</b>



## RECEPTION

09.00 - 13.00  
14.00 - 18.30  
T. 0577 960 124  
C. 351 271 8687  
oshomiasto@oshomiasto.it



## GROUP OFFICE

09.00 - 13.00  
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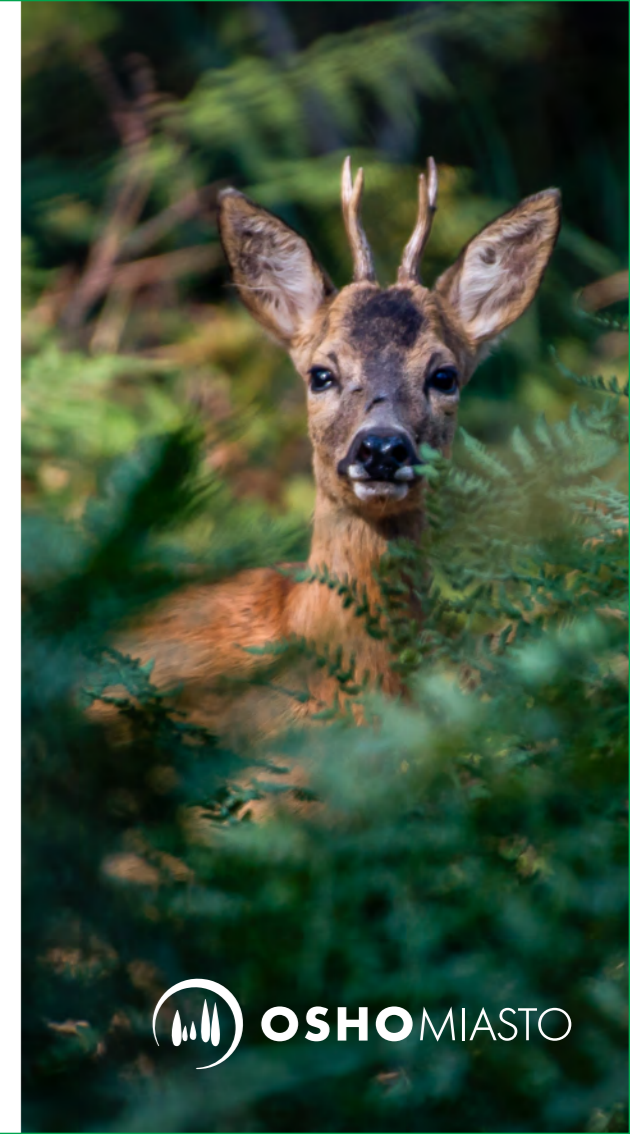
A place for everybody, in any season, for any reason...

## OSHO MIASTO

# 2026

WORKSHOPS  
TRAININGS  
MEDITATION EXPERIENCE

ENG



MARCH	05/03	12/03	Path of Love March   <i>Sambhavo</i> *
	13/03	15/03	<b>Meditation Experience March</b>   <i>Miasto staff</i>
	14/03	25/03	VOICING© International Training 7   <i>Pratibha, Rabamashi</i>
	27/03	29/03	Aum Experience   <i>Dakshina e Nandita</i>

APRIL	03/04	06/04	Being Yourself – Childhood Liberation   <i>Maneesha</i>
	03/04	12/04	Dance Alchemy Training 2   <i>Maneesha</i>
	04/04	06/04	<b>MAP Pulsation:</b> Root and Flow   <i>Magna</i>
	04/04	06/04	<b>R&amp;M Water Experience</b>   <i>Amina</i>
	08/04	12/04	Learning Love 2: Living and Loving In Truth   <i>Asti</i>
	10/04	12/04	<b>Meditation Experience April</b>   <i>Miasto staff</i>
	15/04	19/04	Tantric Pulsation for Women   <i>Aneesha Dillon</i>
	15/04	19/04	Breathing Into Intimacy – ODB®   <i>Shanti</i>
	15/04	19/04	Sufi, the Flame of Love   <i>Videha</i>
	22/04	26/04	Honoring Life's End – MODULE 1   <i>Aneesha Dillon</i>
22/04	28/04	My Mind – I.T.S. My Life Training   <i>Prashantam</i>	
22/04	26/04	Primal Training 2   <i>Svarup</i>	
24/04	26/04	<b>Water Meditation Experience</b>   <i>Keli</i>	
30/04	03/05	Moving Beyond the Shock – OPH® Method   <i>Anunaya</i>	
30/04	03/05	Conscious Love   <i>Svagito</i>	
30/04	03/05	Living a Life That Works   <i>Maneesha James</i>	

MAY	05/05	11/05	VOICING© Intensive   <i>Pratibha</i>
	08/05	10/05	<b>Ocean Love</b>   <i>Shanti</i>
	08/05	10/05	Ecstatic Pulsation   <i>Maitri</i>
	12/05	17/05	Attachment Strategies & Traumas OFC Adv. 1 mod 1   <i>Siddho, Anurag, Arpita</i>
	13/05	17/05	IKIGAI – Manifest Your Life   <i>Atimoda &amp; Prem Daniele</i>
	15/05	17/05	<b>MAP: Your Inner Child</b>   <i>Svarup</i>
	20/05	27/05	Path of Love Maggio   <i>Sambhavo</i> *
	30/05	02/06	The Original face: Your True Self   <i>Anatta</i>
30/05	02/06	The Way of Courage   <i>Deepti Canfora</i>	
30/05	02/06	<b>Tantra for Couples in Warm Water</b>   <i>Anjori &amp; Dhairya</i>	

JUNE	04/06	28/06	ODB® Training Advanced Internship   <i>Dwari, Shanti, Adhiraj &amp; Pushan</i>
	04/06	28/06	ODB® Training Advanced Assistant   <i>Dwari, Shanti, Adhiraj &amp; Pushan</i>
	05/06	07/06	<b>MAP VOICING©</b>   <i>Pratibha</i>
	05/06	12/06	ODB® Osho Diamond Breath Training 1   <i>Dwari, Shanti, Adhiraj &amp; Pushan</i>
	05/06	07/06	Tantric Breath   <i>Dwari, Shanti, Adhiraj &amp; Pushan</i>
	10/06	14/06	VOICING© International Training 8   <i>Pratibha, Rabamashi</i>
	12/06	14/06	<b>Meditation Experience Giugno</b>   <i>Miasto staff</i>
	14/06	20/06	ODB® Osho Diamond Breath Training 2   <i>Dwari, Shanti, Adhiraj &amp; Pushan</i>
	17/06	21/06	<b>Between Water and Sound: the Silence – Intensive</b>   <i>Rabamashi</i>
	19/06	21/06	Life Is Just a Play   <i>Shakeel</i>
	22/06	27/06	ODB® Osho Diamond Breath Training 3   <i>Dwari, Shanti, Adhiraj &amp; Pushan</i>
	24/06	28/06	Satori   <i>Kapil</i>
25/06	28/06	H.E.J. Human Evolution Journey   <i>Gyanrahi</i>	

JULY	01/07	07/07	O.D.H.A. Training 2   <i>Kashin</i>
	01/07	04/07	Dance: the Joy of Rebellion   <i>Maneesha</i>
	01/07	10/07	Dance Alchemy Training 3   <i>Maneesha</i>
	03/07	05/07	Yoga Family   <i>Lalita e Geeti</i>
	09/07	12/07	<b>Tantra in Water: Opening to Love</b>   <i>Anjori &amp; Dhairya</i>
	09/07	11/07	<b>R&amp;M Art</b>   <i>Sahaja</i>
	13/07	19/07	The Essence of Learning Love   <i>Krishnananda &amp; Amana</i>
	13/07	19/07	Neverending Adventure   <i>Advaita</i>
	22/07	26/07	Opening to Feeling   <i>Magna</i>
	23/07	26/07	Awakening of Love   <i>Sambhavo</i>
	24/07	26/07	Wild and Wise   <i>Shakeel e Sagara</i>
	27/07	02/08	Mastering Presence Basic Training – MODULE 1   <i>Siddho, Anurag, Arpita</i>
29/07	02/08	Honoring Life's End – MODULE 2   <i>Aneesha Dillon</i>	

AUGUST	05/08	09/08	The Breath of the Heart   <i>Dwari</i>
	05/08	09/08	Tantric Pulsation for Couples   <i>Aneesha Dillon</i>
	12/08	16/08	Finding Your True Purpose and Potential   <i>Svagito</i>
	12/08	16/08	Osho Methods To Relax The Mind   <i>Shunyo &amp; Veet Marco</i>
	19/08	23/08	Inner Connection & Self Love   <i>Asti</i>
	20/08	23/08	Joy of Creativity: Primal Painting   <i>Kantu Nishigori &amp; Svagito</i>
	25/08	28/08	Creativity and Innocence   <i>Kantu Nishigori &amp; Svagito</i>
	26/08	30/08	Beyond Fear: Lightness and Freedom   <i>Dakshina &amp; Nandita</i>
	28/08	30/08	The Sound of the 5 Elements   <i>Mahendra</i> ***

SEPTEMBER	01/09	07/09	Osho Pulsation Advanced Training 1   <i>Magna, Maitri</i>
	04/09	06/09	<b>Waves of Wellness</b>   <i>Keli</i>
	04/09	06/09	<b>MAP: The Breath of the Dragon</b>   <i>Shanti</i>
	09/09	16/09	<b>Men's Liberation</b>   <i>Sudhir</i>
	09/09	16/09	<b>Women's Liberation</b>   <i>Veeto, Udgita</i>
	18/09	20/09	<b>Meditation Experience September</b>   <i>Miasto staff</i>
	18/09	20/09	<b>Liquid Joy</b>   <i>Rabamashi</i>
	23/09	27/09	Yes To Life: Systemic Constellations   <i>Siddho &amp; Anurag</i>
	24/09	27/09	Trusting Spontaneity   <i>Sahaja</i>
	24/09	27/09	The Art of Intuition   <i>Atimoda &amp; Prem Daniele</i>
	29/09	04/10	En-Chanting Emotions – VOICING©   <i>Pratibha</i>
	30/09	04/10	Osho Zazen   <i>Shunyo e Veet Marco</i>

OCTOBER	02/10	04/10	<b>Intro Healing Dance</b>   <i>Sambhava</i>
	06/10	11/10	Attachment Strategies & Traumas Adv. Tr. 1 mod. 2   <i>Siddho, Anurag, Arpita</i>
	07/10	11/10	Loving Awareness   <i>Alvina</i>
	14/10	18/10	Working with People   <i>Svagito</i>
	16/10	18/10	Tantric Pulsation   <i>Maitri &amp; Leela Araco</i>
	16/10	18/10	<b>Flowing into the Feminine</b>   <i>Amina</i>
	21/10	28/10	Twice Born: Osho Primal   <i>Svarup</i>
	23/10	25/10	Listening Memories   <i>Anunaya</i>
	30/10	02/11	<b>Breath of Water</b>   <i>Shanti</i>
	30/10	02/11	Soul Retrieval and Shamanic Trance Dance   <i>Anatta</i>
	30/10	06/11	Twice Born: Osho Tantra   <i>Svarup</i>

NOVEMBER	06/11	08/11	<b>Meditation Experience November</b>   <i>Miasto staff</i> **
	08/11	15/11	The Heart Sutra   <i>Videha</i> ***
	09/11	15/11	Mastering Presence Basic Training – MODULE 2   <i>Siddho, Anurag, Arpita</i>
	11/11	15/11	True, Alive and Free To Be   <i>Kapil</i>
	18/11	22/11	Moving Beyond the Shock – Master OPH®   <i>Anunaya</i>
	18/11	22/11	Honoring Life's End – MODULO 3   <i>Aneesha Dillon</i>
	20/11	22/11	The Art of Cultivating Life   <i>Sagara</i>
25/11	02/12	Path of Love November   <i>Sambhavo</i> *	

DECEMBER	04/12	10/12	O.D.H.A. Training 3   <i>Kashin</i>
	04/12	10/12	Osho Pulsation Advanced Training 2   <i>Magna &amp; Maitri</i>
	05/12	08/12	Breath, Body & Presence   <i>Pushan</i>
	11/12	13/12	<b>Social Meditation Experience December</b>   <i>Dakshina &amp; Nandita</i> **
	16/12	20/12	Primal Training 3   <i>Svarup</i>
	18/12	20/12	Limits and Space   <i>Magna</i>
	24/12	26/12	<b>R&amp;M Christmas</b>   <i>Shanti</i>
	27/12	31/12	The Joy of Living   <i>Svarup</i> #
	27/12	31/12	My Heart it's My Life   <i>Prashantam</i> #
	27/12	02/01	My Heart – I.T.S. My Life Training   <i>Prashantam</i> #

JAN	02/01	06/01	Osho Neo-Vipassana Retreat   <i>Shunyo e Veet Marco</i> ***
	03/01	06/01	Yoga Pulsation: Living in the Body, Flowing with Life   <i>Maitri</i>
	03/01	06/01	Opening To Tantra   <i>Anjori &amp; Dhairya</i>

### LEGEND

Courses normally begin at 10:00 a.m., with some exceptions:

\* Start time 8:30 p.m. | \*\* Start time 9:30 p.m. | \*\*\* Start time 9:00 p.m. | # Start time 3:30 p.m.

### Water Courses

### R&M – Relax & Meditation

### Meditation Experience

### MAP – Miasto Awareness Program

**Men's & Women's Liberation Process** – Every two years, Osho Miasto hosts two simultaneous intensive retreats for men and women, and reserves all spaces for protected exploration.