

PROGRAM 2012

Osha Risk



Meditate so that you can feel immense silence,
and love so that your life becomes a song, a dance, a celebration.



Life is
a moment
to celebrate,
to enjoy.
Make it fun,
a celebration.
Osho

Osho Risk

is the meeting point of a Buddhafield, 70-80 people who have settled down in the villages around Brødstrup, using the center for meditations and participation in activities. The center has 15 residents and guest space for 30. As it is regularly fully booked, it is good to contact the reception before visiting us.

The course activities in Osho Risk are centered around Osho Therapy: A body oriented therapeutic work combined with active meditations that help the restless modern man to find healing and stillness.

Osho Risk is experimenting with the vast source of inspiration from Osho, a contemporary mystic who turns conventional views of spirituality upside-down. Osho left his body in 1990. The international center in Poona, India, is one of the largest growth centers in the world and can be visited on the website: www.osho.com.

Meditation and Therapy: A Magic Mix

Dynamic, Kundalini and the Evening Meeting Meditation are the three meditations that form a basic, every day part of all courses and trainings at Osho Risk.

This combination of meditation and therapy is unique to Osho's approach to transformation. Every day meditation deepens our presence and helps us integrate what happened during the course or training. The meditation space is what we all share here at Osho Risk, whether we participate in a course, cook the meals or facilitate the therapy.

If you would like to see detailed descriptions and videos of the above three meditations, you can find this at www.osho.com/meditation/active_meditations.

PRACTICAL INFORMATION

På dansk:

Da mange af vore kursister kommer fra udlandet, trykker vi vores materiale på engelsk. Ring til os, hvis der er problemer med forståelsen. Kurserne foregår på engelsk, og der er mulighed for hjælp til oversættelse.

Osho Books and Meditation Music:

Osho Risk Bookshop has around 100 Osho book titles in stock on all topics from Buddhism to Zen, from daily decisions to the ways of the world, from sex to superconsciousness. A few titles are in Danish. You can also order a select range of meditation and other music on CD. Call or write Osho Risk for further information and ordering.

Booking and payment:

To book a course, please call or e-mail us, and then send the deposit as a confirmation of your registration. In case of your cancellation we refund the deposit (minus an administration fee of 200 Dkr (27 €), if you cancel latest ten days before the beginning of the course.

How to transfer money from abroad: IBAN-number DK06 6128 0000 5875 91, BIC-number (SWIFT-code) SPNO DK 22 (Spar Nord Bank, Postbox 162, DK 9100 Aalborg, Denmark). Indicate your name, the course title and Osho Risk as the receiver.

From Denmark: Bank account number 6128-0000587591.

Prices:

Please notice that the course prices do not include food & accommodation. During courses the price for food & accommodation is 340 Dkr (46 €) per day, outside courses 270 Dkr (37 €) per day. This includes all daily meditations. Bedding is included in the accommodation price.



The reception is open Monday – Saturday from 4 – 6 p.m.
Osho Risk, Bøggallevej 3, 8740 Brødstrup, Denmark
e-mail: oshorisk@oshorisk.dk, website: www.oshorisk.dk
phone: (+45) 75 75 25 00 (Mon – Sat 4 – 6 p.m.)

Guided visit:

If you want to come and see Osho Risk for a guided visit, please contact the reception beforehand. Someone will show you around and answer questions. The visit includes a meditation and a meal and costs 200 Dkr (27 €).

Newsletter and Facebook

If you like to receive our newsletter make sure we have your e-mail address. Osho Risk is also on Facebook with irregular, juicy updates, pictures and video clips. Look for Osho Risk.

How to get to Osho Risk:

Please see our website for detailed information.
You are also welcome to call us!

Welcome

'Here I can be myself,' said one Therapist Training participant, when asked what is special about Osho Risk. 'Here I can be myself - and meet other people who are also just themselves.'

Authenticity, truth, love, spaciousness, sharing, joy, silence... these are just some of the qualities you may experience when you participate in a program here.

What helps the intensity is that our workshops and trainings take place within the atmosphere of a supportive energy field, where meditation and inner growth are already the central focus of the community. In this way, a jumping board is provided for each visitor, making it easier for him or her to dive deeply inside, to open the heart, to dance, to share, to relax and be silent. A new world of possibilities opens up that can be integrated into your daily life, changing the way you feel about yourself, your relationships and your career.

A unique combination of intensity and playfulness, sincerity and non-seriousness, meditation and celebration gives Osho Risk its special flavour. Change is a constant factor with us. We keep developing new processes and offer programs designed for people who are new to Osho Therapy and meditation, as well as people who have already done several courses and trainings here.

The Risk community is made up of many nationalities, which gives the place a friendly, expansive, international feeling that newcomers and old-timers often comment upon. Participants also come from many different countries, and benefit from staying connected with each other after their first meeting.

We hope that you will pass by here during 2012 and taste the experience of Risk for yourself. After all, what can be more important in this life than getting to know yourself a little better?

Commune Living Program at Osho Risk

Using work as a tool for personal growth and meditation

This program offers the possibility to be part of the Osho Risk residential team for a flexible period of time, ranging from 3 weeks up to 3 months. It is designed to give people a taste of commune life: living, working and meditating together with people from around the world.

Often, we look at work as something unpleasant but necessary, which needs to be done so that we can pay the rent and enjoy our free time. By being alert and present, here and now, it is possible to experience work as a process that contains joy, awareness and a feeling of being "in the flow" or in harmony with life.

In the Commune Living Program you experience the pleasure of working cooperatively, as part of a team, and the challenge of being flexible, moving from one task to the next.

During a Commune Living Program, you have regular talks with the work coordinators to support your growth process.

*Once you have known that
a moment can be lived with
totality and intensity, you
know the secret,
the very secret of life.
Osho*



Communicating from the Heart

with Moumina

Our natural longing is to connect. We want to find intimacy, to be understood and received. Yet so often our communication leads to the opposite. We find ourselves caught in cycles of blame and judgment that hurt and take us further apart.

There is a way of communicating which heals, which bridges separation, which nourishes love and respect, both in love relationships and in the workplace. In this workshop we look at how to remain centered, even when the other person is saying things which are hard to hear. We also learn how to say difficult things with love. We look at how to remain connected even when we seem to be in conflict.

There is a place in all of us that wants honesty, respect and understanding to win the day.

This process is based partly on the method of "Nonviolent Communication".

Jan 19 at 20.30 – Jan 22 at 17.00

Course price: 1920 Dkr (261 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 800 Dkr (110 €).

Moumina (England)

Studied dance and body therapy in London. Trained in Bioenergetics, Neo-Reichian Bodywork, Pulsation, Primal and Family Constellations. Working for more than 30 years as a therapist in Poona and internationally.



Vipassana Meditation Retreat

with Nana and Devadas

Vipassana is a way to relax deeply into the present moment and become centered in our being. This ancient method from the time of Gautama the Buddha is still valid today as a path to awakening.

This course is a five day process, inviting you to remain in a non-doing attitude while watching sensations, emotions and the busy traffic of the mind. Through watching, these feelings and thoughts slowly loosen their grip on us.

We include active meditations to help our energy find an easy flow through the body and to support opening into deeper layers.

The course will mainly be a silent retreat, which means turning our attention inwards. Together we will be co-travelers towards the inner mystery. We will grow roots into celebrating the present moment.

Jan 31 at 20.30 – 5 Feb at 17.00

Course price: 2140 Dkr (291 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 900 Dkr (123 €).

Nana (Denmark)

Osho Risk resident therapist since 1988, leading courses in Massage, Childhood Healing, Trauma Work and Meditation.

Devadas (Sweden)

Longtime member of the Osho Risk community, works closely with Osho's words and videos used in the daily Evening Meeting meditation. His silence and 'staying with the essential' is his way of life.



*Your aloneness is your truth.
The function of the master is to
help you to stand alone.*

*Meditation is just a strategy
to take away your personality,
your thoughts, your mind, your
identity with the body, and
leave you absolutely alone inside,
just a living fire. And once you
have found your living fire,
you will know all the joys and
all the ecstasies that human
consciousness is capable of.*

Osho



Spring Festival - New Life

with Anjee and Osho Risk Team

We invite you to come and enjoy the Spring Festival with four days of meditations, workshops, sharing/inquiry, music, dance and celebration with friends.

The main theme of this festival is to let go of the Old and invite the New into your life. So much space is created inside when we drop outdated beliefs, behavior patterns, images of ourselves, memories, worries...

We can invite a freshness and newness that enables us to enjoy and celebrate life with totality and vitality, here and now.

The process will be relaxed and joyful. New and old seekers are welcome to come and explore their inner nature.

Mar 21 at 20.30 - Mar 25 at 17.00

Price: 2280 Dkr (310 €) including food & accommodation.
Deposit 500 Dkr (68 €).

*The more alive you are the more
your life remains in insecurity,
because the livelier person will be
exploring the unknown, he will be
adventurous.*

Osho

Tantric Love

A Tantra Course for Couples and Singles

with Anjee

Tantric Love is a deep meeting between male and female energy in body, heart and spirit. It is a way of inviting and embracing the inner godliness of you and your partner, as an expression of your true nature. In Tantric Love you say 'yes' to everything. You meet the beloved in a relaxed and sensitive way, melting into oneness.

This workshop also gently shines light on deeper parts of yourself that may be asleep or repressed. The course is centered around Tantric meditations with a partner of the opposite sex. The approach includes breathing, holding, touching, focusing on the heart and on energy moving in the chakras. The meditations are primarily inspired by the ancient Indian scripture "Vigyan Bhairav Tantra".

We will also look at female and male polarities and how they express themselves inside and outside with a partner. There will be space for sharing experiences and for going deeper in whatever issues are coming up. The group will be balanced with equal numbers of men and women. You can come alone or with a partner.

May 10 at 20.30 - May 13 at 17.00

Course price: 1605 Dkr (218 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 600 Dkr (82 €).



Anjee (Denmark)

One of the founders of Osho Risk and a professional therapist since 1991. Trained in Essence work and student of Faisal. Has specialised in Tantra, Couple Therapy and Inner Child work.



Return to Innocence - Childhood Healing

with Sudhir

The more adult and rational we become, the harder it is to imagine that life could be filled with joy, love and trust. Yet this is the way we lived as young children, before we were subjected to education. Somewhere deep inside each of us there is a longing to regain the magic and wonders of those early childhood days.

In this 4-day course you reconnect with the natural presence of your magical child, healing any traumas that keep you separate from your authentic self.

A sequence of meditations will help you become more receptive to your inner voice, awaken the sensitivity of your heart, strengthen your connection to your inner nature, and deepen your self-love, your gratitude and your passion for life. At the same time, we will apply different approaches from childhood deconditioning, inner child work and primal therapy.

Return to Innocence is a loving and powerful journey toward inner freedom and a fresh beginning.

Jun 13 at 20.30 - Jun 17 at 17.00

Course price: 2560 Dkr (348 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 900 Dkr (122 €).



Sudhir (Germany)

Worked as a seminar leader and counselor in Poona for 10 years. In 1994 he was appointed director of the Osho Mystery School at the Osho Multiversity.

Trained in Primal Therapy, Bioenergetics, NLP, Hellinger Family Constellation, Esoteric Science and Yoga. Sudhir leads seminars in European Osho Centers since 1997, and he also works as a coach and trainer and conducts leadership and management trainings.

Summer Festival – River of Grace



with Anjee, Subhuti and the Osho Risk Team. Special guests: Milarepa and his One Sky Band.

Grace is a gift from beyond, a showering of blessings that is available whenever we allow it. Grace can be easily experienced in the energy field of a meditative community, especially when we gather together on special occasions like this.

In this festival of celebration and meditation, we all dive together into the river of grace, sharing our hearts in a flow of energy and delight. Each of us will have the opportunity to explore and enjoy how our own particular river flows, carrying us into new and unknown territory.

The festival offers a wide range of experiences, including music, singing, meditation, healing, sharing and dance. Milarepa and his band will create a dynamic and joyful atmosphere with their music.

The summer festival is an invitation to new friends, visiting Osho Risk for the first time, and to old friends who want to renew their connection with us.

Jul 7 at 20.30 – Jul 14 at 17.00

Price: Price 4230 Dkr (575 €) including food & accommodation.

Deposit 1000 Dkr (136 €).



Live this moment to its totality, to its very intensity. Perhaps out of that totality and intensity, you may get the taste that will go on lingering with you into the next moment.

Osho

Delight in Meditation

A 3-day meditation retreat in silence with Sumito

Meditation is the art of being delighted with your own presence – a delight in your own being. It is a relaxed state of consciousness in which nothing is happening.

This is an invitation to explore the inner realms of oneself in an accepting and loving atmosphere. The exploration happens with the support of active and silent meditation techniques.

"Meditation is just to be, not doing anything – no action, no thought, no emotion. You just are. And it is a sheer delight. From where does this delight come when you are not doing anything? It comes from nowhere, or, it comes from everywhere. It is uncaused, because the existence is made of the stuff called joy."

Osho: Dang Dang Doko Dang

Jul 26 at 20.30 – Jul 29 at 17.00

Course price: 1920 Dkr (261 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 800 Dkr (110 €).

Sumito (Sweden)

B.A. in Psychology, trained in Massage, Rebalancing and Psychic Massage. Sumito has been leading courses and trainings and giving sessions in India and Europe for many years. She has developed her own approach to combining psychic work and meditation.



Paint Your Dance

with Nirvikalpa

Painting and dance are deeply connected. They both are expressions of our life source. Dance re-connects us with our body, our roots and our home. Painting opens a door to our senses and the forgotten language of our inner child.

When we create, we may come in contact with comparison and self-criticism, which can inhibit free expression. But, using the body as a resource, we can overcome these obstacles, connecting with an authentic and free flow of creativity. During these days we will also gently connect to those parts in us which became frozen, or with which we have lost contact, allowing them to be expressed and to flow.

"Meditation is the tree that grows without a seed; that is the miracle of meditation, the magic, the mystery."

Osho

Aug 1 at 20.30 – Aug 5 at 17.00

Course price: 2340 Dkr (318 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 950 Dkr (129 €).

Nirvikalpa (Sweden)

Living in the Osho Risk Buddhafield for 20 years. Educated in Art schools and trained in Art Therapy. Trained by Meera in her Instructor Training. Has been part of the team around Meera's painting trainings in Poona for the last 10 years. Has been leading painting groups and working with Art Therapy for many years.



Life has been given to you to create, and to rejoice, and to celebrate.

Osho

The Friend: Awakening Presence

with Nishant

"Out beyond all ideas of right and wrong, there is a field. I will meet you there."
Rumi.

When we learn to relate creatively with our own self, the self responds generously. It begins a journey of revealing itself, becoming more and more spacious and real. The self is simple and highly intelligent. It opens precisely and logically, according to its true nature. We discover that the natural intelligence that permeates the whole universe also lives in us.

In this workshop we will focus on two keys for allowing yourself to unfold. The first is self-acceptance. The second is being with the present moment. In self-acceptance, we move through any apparent duality and come to know the reality of the undivided self. The second skill - being in the present moment - comes from the understanding that "I" often carries a reference to the past. When we really want to live who we are, then we will naturally allow our present self to meet our present reality. Then the real dance begins!

Aug 22 at 20.30 – Aug 26 at 17.00

Course price: 2560 Dkr (348 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 1100 Dkr (150 €).



Nishant (USA)

Bodyworker, counsellor and light therapist. Osho Therapist since 1976, teaching Counselling, Meditation, Psychic Bodywork, Rebalancing, and Breath Therapy. Author of the books 'Light: The Master Matrix' and 'The Friend'.

*Get deeper and deeper
into yes.
Say yes to each and
every thing.
Say yes to good and bad,
to day and night,
to summer and winter.
Say yes to success
and to failure.
Say yes to life
and to death.
Forget everything else;
just remember one word:
yes, and it can transform
your whole being,
it can become a radical
change,
a revolution.*

Osho

Natural Consciousness

A flow of 'belovedness'

with Sahaj and Karajaal

In order to be fully embodied and healed, we need to understand the psycho-biology of the triune brain, which consists of the reptile brain, the mammal brain and the neo-cortex.

The reptile brain is the instinctual nature. In order to heal shock and trauma and feel rooted and safe on earth, we need to know how to access this brain. When our reptile brain is accepted and incorporated, it transforms into a protective and resolute strength, a natural bio-vitality.

Secondly we have the mammal brain, which is related to our social nervous system. When our mammal brain is functioning optimally, we become a fluidity of connectedness to ourselves, to others, to the planet – it makes us one family.

Thirdly, the neo-cortex contains the mind, which often interferes with the reptile and mammal brains, causing stress and unhappiness. When we integrate the naturalness of our feelings and biological nature, and the centers move in harmony, the body-mind

becomes empty and relaxed, and the cosmic mind becomes apparent. We begin to function as a natural whole.

In these three days we will use shock and trauma healing, exploring our 3-brain biology with meditations for each center. We will re-discover a deep connection to everyone and everything, a natural consciousness – a flow of 'belovedness'.

September 20 – 23

Course price: 1605 Dkr (218 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 600 Dkr (82 €).

Sahaj (Denmark)

has been living in the buddhafield around Osho Risk for 21 years. Meditation and love are the main supportive healing forces that Sahaj is educated in and works with. He is also a Master Practitioner in NLP, educated in Aura Soma Healing, and recently a Wuji Gong teacher.

Karajaal (Denmark)

Educated as an artist. Trained in Counselling, Esoteric Science and Shock & Trauma Healing. She has a long experience in working with people through Psychic Reading, Counselling and Biological Healing. Part of Osho Risk for 21 years.



You have not to be a follower, an imitator. You have to be an original individual; you have to find your innermost core on your own, with no guide, no guiding scriptures. It is a dark night, but with the intense fire of inquiry you are bound to come to the sunrise.

Osho

Breathing beyond Trauma

with Dwari

Take a deep breath: open your heart, your body, your being. Let go of fears and tensions. Allow the intensity and flow of life energy that makes being alive such a precious gift.

In shock or trauma we hold our breath and stop the natural impulse of the body to fight or to escape. Instead, this vital movement of energy is frozen into fear and helplessness. Or, in order to avoid panic and pain, we disconnect from our body.

Any kind of abuse in childhood, such as the rejection of our need for love and emotional safety, or a lack of support for the natural growing process, has traumatic effects on us. So do accidents and operations at any time in our lives.

Breathing is a wonderful tool to move through and beyond trauma. We will use resourcing as well as different ways of breathing to self-regulate the healing system of the body. This way, we release old traumas and integrate the natural life force. Frozen emotions melt into pleasure and joyous adventures, finding new responses to the challenges of life.

Sep 26 at 20.30 – Sep 30 at 17.00

Course price: 2560 Dkr (348 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 1050 Dkr (143 €).



Dwari (Germany)

Studied Breath and Body work in Berlin. She has worked as group leader in Poona and all over the world since 30 years. Further training in Rebirthing, Primal, Tantra, Family Constellation and Somatic Experiencing.



Autumn Festival

- Returning to the Source



with Parigyan, Satmarga
and Osho Risk Team

Whatever we give attention to is nourished. Being true to ourselves and being true with each other, gives nourishment to what is best and most precious in us. Together, we can support what is new and fragile, sharing and celebrating from this space, experiencing new depths and joys.

In these four autumn days with friends, we will focus inwards. The program will consist of medita-

tions and workshops around the themes of our inner child and inner silence. And no, it will not be serious; yes, we will also dance, laugh and have fun together!

Oct 17 at 20.30 – Oct 21 at 17.00

Price: 2280 Dkr (310 €) including food & accommodation.

Deposit 500 Dkr (68 €).

Osho Born Again

with Parigyan

Osho often talks about innocence, spontaneity, knowing your own truth – and he designed the Born Again process to help us go straight into our childhood and find these qualities and lots of other treasures. It is a very simple process – yet very powerful. It brings back a deep sense of childlike inner happiness, and it is possible to bring that playful quality into your everyday life – forever and ever...

The group meets for two hours daily from 10 to 12 o'clock. For the first hour you go into our childhood and do everything you always wanted to do – without touching or harming anybody else in the group. In the second hour we sit silently – and meditation happens very easily in this space.

You are invited to make this a full week for yourself by participating in the three daily meditations as well as 2 hours of work meditation. Contact us for further information.

Oct 29 – Nov 4

Course price: 1250 Dkr (170 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 400 Dkr (55 €).

Parigyan (Danish)

Meditation teacher and trained as Osho Born Again facilitator at Osho International Meditation Resort. Parigyan has been part of Osho Risk community and other Osho Meditation Centers for many years.



Meditation and Resources

with Nana

"Meditation means awareness, and whatsoever you do with awareness is meditation."

Osho

In this course we combine a variety of meditation techniques with tools used in Somatic Experience Trauma Work. Active as well as silent meditation methods help us become more aware of our inner resources, supporting the nervous system in a healthy, self-regulating flow of energy.

Often, the mind creates difficulties, even when focusing on problem-solving. By combining meditation with observing through the senses, we can support clarity, grounding and centering.

Qualities that we may have lost early in life, such as dignity and inner space, are reclaimed and restored.

Dec 7 at 20.30 – Dec 9 at 17.00

Course price: 1070 Dkr (145 €) plus 340 Dkr (46 €) per day for food & accommodation. Deposit 400 Dkr (55 €).

Nana (Denmark)

Osho Risk resident therapist since 1988, leading primal groups, massage trainings and meditation retreats in Scandinavia. She is also trained in S.E. Trauma healing.



Winter Festival

I Celebrate Myself

with Sudas and Osho Risk Team

The winter festival offers meditation, sharing/inquiry, workshops, music, party and celebration. Please contact us for details when the time comes closer.

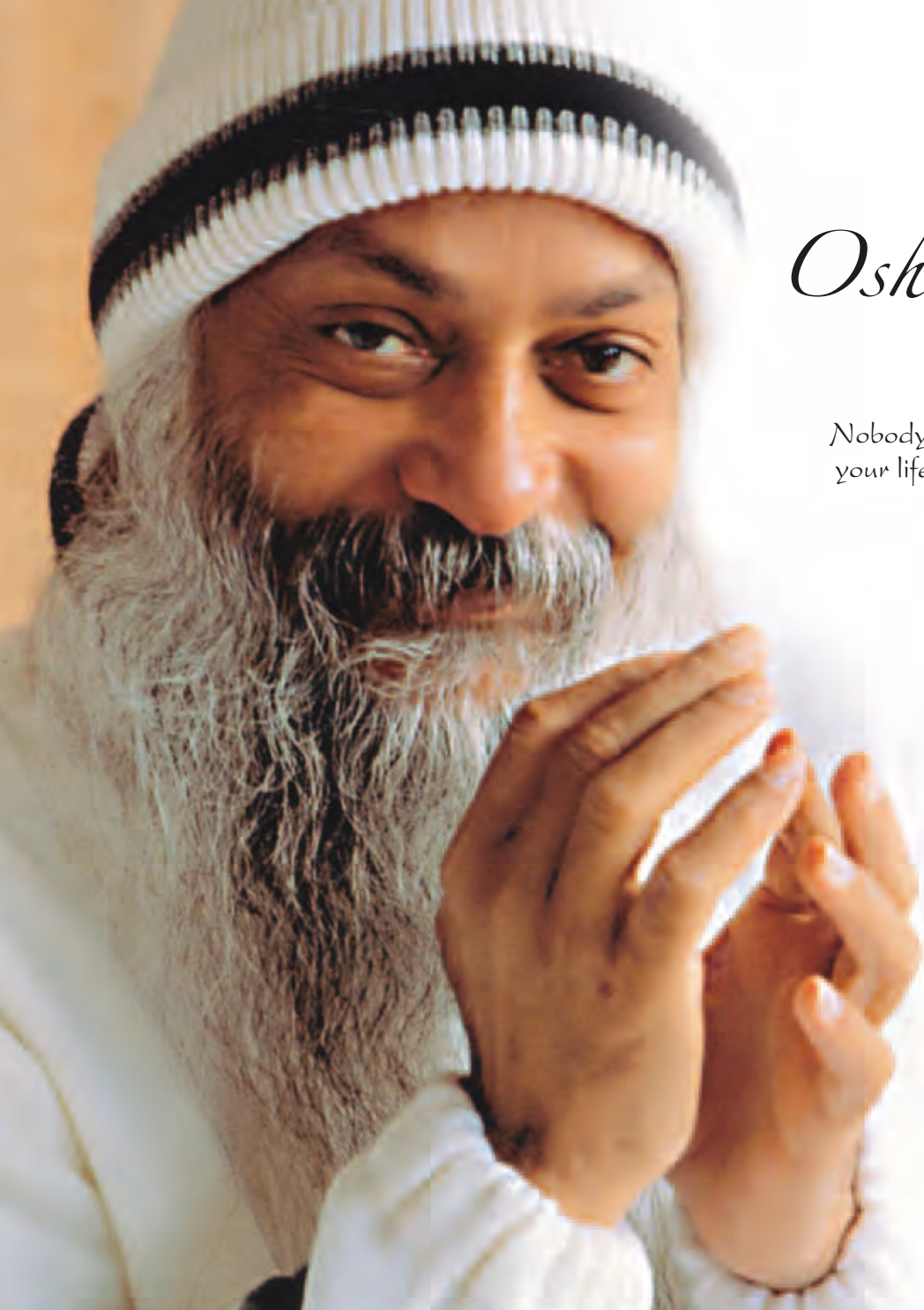


Dec 27 at 20.30 – Jan 1 at 17.00

Price: 2950 Dkr (401 €) including food & accommodation.

Deposit 900 Dkr (122 €).





Osho on Life

Nobody can give you the meaning of your life. It is your life, the meaning has also to be yours.

LIFE is in living. It is not a thing, it is a process. There is no way to attain to life except by living it, except by being alive, by flowing, streaming with it. If you are seeking the meaning of life in some dogma, in some philosophy, in some theology, that is the sure way to miss life and meaning both.

Life is not somewhere waiting for you, it is happening in you. It is not in the future as a goal to be arrived at, it is herenow, this very moment - in your breathing, circulating in your blood, beating in your heart. Whatsoever you are is your life, and if you start seeking meaning somewhere else, you will miss it. Man has done that for centuries.

Concepts have become very important, explanations have become very important - and the real has been completely forgotten. We don't look to that which is already here, we want rationalisations.

...Nobody can give you the meaning of your life. It is your life, the meaning has also to be yours. Himalayas won't help. Nobody except you can come upon it. It is your life and it is only accessible

to you. Only in living will the mystery be revealed to you.

The first thing I would like to tell you is: don't seek it anywhere else. Don't seek it in me, don't seek it in scriptures, don't seek it in clever explanations - they all explain away, they don't explain. They simply stuff your empty mind, they don't make you aware of what is. And the more the mind is stuffed with dead knowledge, the more dull and stupid you become. Knowledge makes people stupid; it dulls their sensitivity. It stuffs them, it becomes a weight on them, it strengthens their ego but it does not give light and it does not show them the way. It is not possible.

Life is already there bubbling within you. It can be contacted only there. The temple is not outside, you are the shrine of it. So the first thing to remember if you want to know what life is, is: never seek it without, never try to find out from somebody else. The meaning cannot be transferred that way. The greatest Masters have never said anything about life - they have always thrown you back upon yourself.

Osho: The Art of Dying

Osho Risk

Therapist Training

10-11 weeks spread over 18 months, starting every year in November. Over the last 20 years, hundreds of people from many countries have experienced the deeply transforming quality of this training. Their feedback is basically, that this process has changed their lives and that they experience an expanded sense of freedom. For some people the training has meant an expansion in their professional lives, whether working with people in business or as a therapist. But for most people, it has mainly helped them to blossom in whatever way their life creativity wanted to move.

Participating in this training means being part of a process of intense living for 1 ½ years - like in a big family, getting to know each other on a deep level, with a group support that cannot be found in shorter therapy groups.



The next Therapist Training (TT 22) will start in November 2012. You can read about the two presently ongoing trainings (TT 20 and TT 21) on our website.

The program for TT 22 will be ready in spring 2012, available as a printed brochure and also on our website. For further information, please contact our reception.

Osho Risk Essence

An Experiential Training for Seekers, Therapists and People Working with People

Osho Risk has been offering Essence Trainings since 2005. Essence work is rooted in the Sufi tradition, and works primarily with soul qualities, identifying and mapping essential human resources, which have been forgotten or weakened through misunderstanding, or lack of inner direction.

The work focuses on getting more in contact with "the best within us", and of course we meet our shadows along the way. The Essence approach gives a practical tool kit for evoking and nourishing inner qualities, rooted in meditation and maturity.

We are fortunate to have three very experienced leaders for this work, Rafia, Turiya and Avikal, all of whom have unique backgrounds in human growth as well as a wealth of experience in meditation and working with people.

An Advanced Essence Training will start in April 2012, which is primarily for those who have already experienced this kind of work.

In April 2013 a new Essence Training will begin for those who feel a pull in this direction. A background experience of therapy and meditation is required to participate in the training.



Life has
been given
to you to
create,
and to
rejoice,
and to
celebrate.
Osho

OSHO RISK CALENDAR 2012

Jan 7 – 14 * <small>TT21 part 2</small>	Body Energy and Body Types <i>Moumina</i>	Jul 7 – 14	Summerfestival <i>Anjee and Subhuti and Osho Risk Team</i>
Jan 19 – 22	Communicating from the Heart <i>Moumina</i>	Jul 26 – 29	Delight in Meditation <i>Sumito</i>
Jan 31 – 5 Feb	Vipassana Meditation Retreat <i>Nana and Devadas</i>	Aug 1 – 5	Paint Your Dance <i>Nirvikalpa</i>
Feb 11 – 18 * <small>TT20 part 9</small>	Awareness Intensive <i>Ganga</i>	Aug 11 – 18 * <small>TT21 part 6</small>	Sexual Healing <i>Turiya</i>
Mar 3 – 10 * <small>TT21 part 3</small>	Primal <i>Svarup and Premartha</i>	Aug 22 – 26	Awakening Presence <i>Nishant</i>
Mar 16 – 18	TT 19 Reunion <i>Nishant and Osho Risk Team</i>	Sep 4 – 9 * <small>AE part 3</small>	Advanced Essence – Personal Essence 1 * <i>Rafia</i>
Mar 21 – 25	Spring Festival <i>Anjee and Osho Risk Team</i>	Sep 20 – 23	Natural Consciousness <i>Karajaal and Sahaj</i>
Apr 3 – 8 * <small>AE part 1</small>	Advanced Essence – Diamond Guidance * <i>Avikal</i>	Sep 26 – 30	Breathing Beyond Trauma <i>Dwari</i>
Apr 14 – 21 * <small>TT20 part 10</small>	Counselling II – Essence of Masculine and Feminine <i>Rafia</i>	Oct 6 – 13 * <small>TT21 part 7</small>	Movements Beyond Family <i>Dwari</i>
Apr 28 – May 5 * <small>TT21 part 4</small>	Love and Freedom <i>Tarika</i>	Oct 17 – 21	Autumn Festival <i>Parigyan and Satmarga and Osho Risk Team</i>
May 10 – 13	Tantric Love <i>Anjee</i>	Oct 29 – Nov 4	Osho Born Again <i>Parigyan</i>
May 22 – 27 * <small>AE part 2</small>	Advanced Essence – Point of Light * <i>Turiya</i>	Nov 10 – 17 * <small>TT22 part 1</small>	Pulsation <i>Aneesha</i>
Jun 2 – 9 * <small>TT20 part 11</small>	Counselling III – Acting from Certainty <i>Sagarpriya</i>	Nov 24 – Dec 1 * <small>TT21 part 8</small>	Breath <i>Devapath</i>
Jun 13 – 17	Return to Innocence <i>Sudhir</i>	Dec 7 – 9	Meditation and Resources <i>Nana</i>
Jun 23 – 30 * <small>TT21 part 5</small>	Counselling I – The Therapist as a Friend <i>Nishant</i>	Dec 27 – 1 jan	Winter Festival <i>Sudas and Osho Risk Team</i>



blue text = Open for booking
 * = Pre-booked trainings
 TT = Therapist Training
 AE = Advanced Essence