

OSHO Humaniversity Presents (twice in 2017):

# OSHO Reminding Yourself of the Forgotten Language of Talking to Your Body Mind Training (for women only\*) with Anuprada

The body is the visible soul, and the soul is the invisible body. The body and soul are not divided anywhere, they are parts of each other, they are parts of one whole. You have to accept the body, you have to love the body, you have to respect the body, you have to be grateful to your body. Only then will you attain to a certain kind of integrity, a crystallization will happen. The body is the most complex mechanism in existence. It is simply marvellous! - and blessed are those who marvel. Begin the feeling of wonder with your own body, because that is the closest to you."

The Dhammapada: The Way of the Buddha, Osho



\* Classes can be taken by men and women both. Class time: 8:00 - 9:30

**OSHO**  
**Humaniversity**  
SCHOOL FOR MASTERS

Dates for 2017:

**26 June to 3 July 2017**

Mon 8:00 - Mon 12:00

**11 to 18 September 2017**

Mon 8:00 - Mon 12:00

**+31 (0) 72 506 4114**  
**info@humaniversity.nl**  
**www.humaniversity.com**

# OSHO Reminding Yourself of the Forgotten Language of Talking to Your Body Mind Training (for women only\*)

with Anuprada

**Learn to lead this gentle process of self-hypnosis that will help you to relax and become friends with your body. This training is held twice this year at the OSHO Humaniversity.**

This is an OSHO Meditative Therapy, one hour a day for seven days. This guided meditation is a process to remind yourself of the forgotten language of talking to the body and mind.



Say thank you to your body. Lie down and let this subtle meditation guide you in relaxing deeply, whispering to your body and listening to its messages. A soft and beautiful way to get to know your most intimate friend; your own body.

After every daily session, you will receive the tools you need to share this unique process with others. Your own process will deepen as you discover the special way it works for you. This is a transformational gift to yourself that you can use for the rest of your life.

**Facilitator Training price: €490**  
**Classes for seven days open to all: €140**  
*Food and accommodation optional for a fee*

**\*As indicated by Osho, the Facilitator training is for women only.**  
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