

OSHO® Meditation Facilitator Training



with Garimo Ackermann

“Before you start doing a technique, be fully alert that you have understood it. Each technique is for bringing about a revolution in you. First try to understand the technique absolutely rightly.” – Osho –




OSHO
Humaniversity
SCHOOL FOR MASTERS

24 to 26 May 2019

Friday 9:00 am - Sunday 6:00 pm

Price: €390 (non-residential)

Food and accommodation optional for a fee

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Enjoy deepening your understanding of the OSHO Meditations and learn the skills, gain the confidence to introduce them to others – with friends, in a spa or meditation center, in your business or other professional setting. Your approach to meditation, and your understanding of the key points of each meditation, can make all the difference in your experience and in the benefits you take away. This is true for yourself, and for the people who you are sharing these meditations with.

In these three days, we'll put a lot of focus on the in-depth content of the OSHO meditations, and on the best way to get the most out of them – deepening your understanding of the ones you already know, and getting to know others that you have not yet explored. We'll touch on many relevant points for facilitating these dynamite techniques. The days are informative, experiential, and fun.

Topics include:

- What is meditation? Who/what is OSHO?
- The unique approach and “climate” around OSHO meditation
- The many OSHO Active Meditations® in-depth: the science behind each of them, the essence of their steps, the role of music, the vital points that make all the difference

- Short Osho meditations for your day, and to use while being a facilitator
- Role of facilitator, guidelines for facilitating
- Grounding, relaxed communication, equipment use
- Presentation practice with supportive feedback
- Your own questions and how to respond to meditators' questions

You will receive a comprehensive Handbook, including the instructions for the OSHO® meditations, tips for facilitating each meditation, additional supporting texts from Osho about the meditations and about facilitating, and more.

“It will be good for you also. This is my observation, that there are many things that you learn only when you start teaching them. The best way to learn a thing is to teach it.” - Osho

Note:

Some previous experience of Osho meditations is required.

You will receive a Certificate of Participation on conclusion of the course.

Repeaters of the training will receive 50% discount on the tuition fee.



Course Counsellor Garimo Ackermann

Garimo was born and educated in the Netherlands and the UK, and began her work in the field of humanistic psychology at Quaesitor Human Growth Center in London. As a founder director of the Netherlands

Gestalt Institute and of Center, the first human growth institute in the Netherlands, the work with psychology and self-development naturally led her to start exploring meditation, mindfulness and consciousness. She then had the great, good fortune to at a young age already discover the mystic Osho and his mystery school – now called OSHO International Meditation Resort – in Pune, India. Besides applying and embracing the Osho approach in her own life, Garimo has been closely involved with the development of one of the largest institutes in the world for personal growth, the OSHO Multiversity in Pune. She is actively involved with its OSHO Meditation program and with the OSHO Meditation: In-depth and Facilitating trainings which are held both in Pune and worldwide. She also offers individual sessions and/or trainings in body-mind balancing, OSHO Reminding Yourself of the Forgotten Language of Talking to Your BodyMind, OSHO Inner Skills for Work and Life, and meditation counseling. Non-judgment, clarity, attention, humor and playfulness, are some of the key factors she brings to her work.

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