

Osho Meditation Retreat Schedule

February 13-18th 2024

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.50		Dynamic	Dynamic	Dynamic	Dynamic	Dynamic
8.00		Breakfast				
		Audio Discourse	Audio Discourse	Audio Discourse	Audio Discourse	Audio Discourse
9.00		Dance	Dance	Dance	Dance	Dance
9.15		Gathering	Gathering	Gathering	Gathering	Gathering
9.45		Meditation Playshop	Meditation Playshop	Meditation Playshop	Meditation Playshop	Satsang 
11.00		T Break				
11.30		Nataraj	No Dimensions	Mandala	Laughter Meditation	Nataraj 
1.00		Lunch				
2.30		Nadabrahma	Chakra Sounds	Chakra Breathing	Nadabrahma	Vipassana
4.10		Kundalini	Kundalini	Kundalini	Kundalini	Closing Circle
5.15	Kundalini	Snax				
5.45		Evening Meeting	Evening Meeting	Evening Meeting 	Evening Meeting 	
7.00	Dinner					
8.00	Opening Circle					
8.30		Sound Meditation	Osho Video Night	Mahamudra	Songs in the Key of Osho (inc Heart Dance`)	
9.15	Devavani					

The Evening Meetings, the video night, and all the events which have live music, will be in Shankara. All other events will be in Zorba.

 = with live music