

# Osho Meditation Retreat

March 1-5 2010

(schedule subject to slight change)

	Monday 1 <sup>st</sup>	Tuesday 2 <sup>nd</sup>	Wednesday 3 <sup>rd</sup>	Thursday 4 <sup>th</sup>	Friday 5 <sup>th</sup>
<b>7.00</b>		<b>Dynamic Meditation</b>	<b>Dynamic Meditation</b>	<b>Dynamic Meditation</b>	<b>Latihan Meditation</b>
<b>8.00</b>		Showers + Breakfast	Showers + Breakfast	Showers + Breakfast	Showers + Breakfast
<b>9.30</b>		<b>Work as Meditation</b>	<b>Work as Meditation</b>	<b>Work as Meditation</b>	<b>Closing Session</b>
<b>11.00</b>		Chai Drinking Meditation	Chai Drinking Meditation	Chai Drinking Meditation	
<b>11.20</b>		<b>Work as Meditation</b>	<b>Work as Meditation</b>	<b>Work as Meditation</b>	
<b>12.20</b>		<b>Vipassana Meditation</b>	<b>Vipassana Meditation</b>	<b>Vipassana Meditation</b>	
<b>13.00</b>		Lunch + Dishes & Rest	Lunch + Dishes & Rest	Lunch + Dishes & Rest	
<b>15.00</b>		Community - Work Others - Sharing in Coffeeshop	Community - Work Others - Sharing in Coffeeshop	Community - Work Others - Sharing in Coffeeshop	
<b>16.40</b>		Tea Drinking Meditation	Tea Drinking Meditation	Tea Drinking Meditation	
<b>17.00</b>		<b>Kundalini Meditation</b>	<b>Kundalini Meditation</b>	<b>Kundalini Meditation</b>	
<b>18.00</b>	<b>Monday Only</b> 18.00 - Kundalini 19.00 - Dinner + Dishes 20.30 - Opening Circle 21.15 - Osho discourse 21.30 - Devavani Meditation 22.30 - Sleeping Meditation	Relaxation Meditation	Relaxation Meditation	Relaxation Meditation	
<b>18.30</b>		<b>Evening Meeting</b>	<b>Evening Meeting</b>	<b>Evening Meeting</b>	
<b>20.00</b>		Dinner + Dishes	Dinner + Dishes	Dinner + Dishes	
<b>21.30</b>		<b>Gourishankar Meditation</b>	<b>Mahamudra Meditation</b>	<b>Osho Songs</b>	
<b>22.30</b>		Sleeping Meditation	Sleeping Meditation	Sleeping Meditation	

**Meditations in Zorba    Silence optional (ask for Silence badge)**  
**Please ask Devaraj, Tarisha, or Smaran for support if you need it**