

# OSHO

## dynamic meditation

with **anne** van de water



**Monday - Sunday**  
**Sept. 22 - 28, 2008**

**7:00 - 8:15 am**  
**7 morning sessions**

**price:**  
**\$100**

**Dynamic Meditation** is a powerful way to kick-start your day. It provides a powerful outlet for tension, stress and withheld emotions as well as being a great energy-booster! **Osho**, the great Indian Mystic, Guru and Philosopher developed Dynamic Meditation as the primary meditation amongst many Active Meditations to address modern people who live in the modern world. He explained that when many of the ancient yoga and meditation techniques were developed that the center of the human personality was the navel. Later when Patanjali compiled the Yoga Sutras the heart was the center. Osho said that currently the center of the human personality is the brain and that in many ways we live disconnected from our original center, the navel. The brain is furthest away from the original source, so if life energy is moving outward, the center of consciousness will become the brain. And if life energy is moving inward, ultimately the navel will become the center. The navel is the source of vitality, the seed source from which everything else comes: the body and the mind and everything.

### **Each session is done in five stages:**

1. Chaotic Breathing to slough off tension and stress
2. Cathartic expression of Emotions: Anger, Sadness and Happiness
3. Jumping while making the low belly sound HOO to bring you into deep connection with your core
4. Stillness as the silent watcher of everything that is arising and dissolving away within you
5. Celebration through dance

**Details:** Wear loose and comfortable clothing • Bring a blindfold for yourself if you are easily distracted by other's experiences • Do not eat before class • Bring a mini trampoline also called a rebounder if you have one • A rebounder is not needed but can make the 3rd stage where we jump easier on the joints. Rebounders can be purchased at Big 5 Sporting Goods or at [www.trampoline-superstore.com](http://www.trampoline-superstore.com) • *All levels are welcome.*

**ANNE VAN DE WATER** is an Experienced Registered Yoga Teacher by The Yoga Alliance and to date has taught over 8500 hours of yoga all over the world in yoga centers, cancer centers, hospitals, schools, ashrams, retreats, at her student's homes and at her mountain abode. She holds a BA in Religious Studies from UCSB, a field she was drawn to study because she was fascinated by the similarities between many world religions. Through her studies she discovered that there are many paths but only one destination, the silent and peaceful innermost place within everything. Anne has always had a multi-faceted approach to yoga and meditation, never immersing into just one spiritual practice and she incorporates many different modalities and perspectives into her classes and workshops. Anne visited the OSHO Meditation Resort in Pune, India in the Spring of 2008 where she learned OSHO Dynamic Meditation and has incorporated it as an integral part of her spiritual practice due to it's wonderful benefits on all levels in her life. Please visit Anne at [www.annevandewater.com](http://www.annevandewater.com).



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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice