







ALL YOU NEED TO KNOW ABOUT

January 22nd – 28th 2024

7-days

OSHO Meditation Camp

for Internationals

General information on 7-days residental camp in Osho Sannidhi Mysore



7 days OSHO Meditation Camp for Internationals

Are you ready to take a step towards happiness, inner peace, and self-discovery? Join us for a transformative 7-days Osho Meditation Retreat that will guide you on a journey of inner exploration and connection. Led by Vidyadhara Venugopal's live embracing, humorous, and playful approach, OSHO Sannidhi Mysore will open their gates for the first time specifically for an international English-speaking group. Join us in this 7-days adventure!

Get to know a variety of powerful active meditation techniques and reconnect to your own inner happiness. This retreat is designed for individuals of all ages, cultures, and prior learnings, whether you're new to meditation or an experienced practitioner. Through a combination of active group meditations, guided practices, and silent periods you'll have the opportunity to deepen your understanding of yourself and your connection to the world around you.

Surrounded by beautiful nature, you'll have the chance to reconnect with yourself and explore the deeper aspects of your being. The retreat includes simple accommodation, delicious vegetarian meals, and ample moments for meditation, rest, connection, and reflection. Join us on this adventure! Sign up for the 7-days Osho Meditation Camp now and take this next step toward your journey of inner peace and happiness.

OSHO sannidhi









10 Questions & Answers

1. Who is Osho?



Osho, also known as Bhagwan Shree Rajneesh, was an Indian spiritual teacher and self-help guru who gained a following in the 1970s and 1980s. He taught a form of spiritual exploration that he called the "Osho Active Meditations," which involve a combination of physical exercise, breathing techniques, and mindfulness. Osho's approach to spirituality emphasizes self-awareness and personal growth, and he encouraged his followers to challenge their own beliefs and societal norms to find inner peace.

2. What will happen at the retreat? What can you expect?

The 7-days OSHO meditation camp will offer you an intensive meditation course that will introduce you to more than 10 different meditation techniques and styles. We will start into the morning with Pranayama (breathing exercises) and explore various different meditation techniques throughout the day that vary from active forms of meditation (such as body techniques like shaking, dancing, and intuitive movement) over emotional expressions to more traditional meditation techniques like Vipassana (sitting breathing meditation). Evening Satsangs (meeting) and Video Recordings of Osho will conclude these daily courses in which many forms of knowledge and wisdom are exchanged.

In the second half of the week, silent days with time for relaxation and reflection, as well as continuing mindfulness and meditation sessions will invite you to continue deepening your practice. The last day in camp will be dedicated towards celebrating life and this special experience and how to integrate it into your life. Rejoice, relax and connect in our beautiful Ashram and embark on a wonderful experience with us!

The program is carefully designed and participants are warmly invited to immerse in the full process of joining all sessions. Most importantly, however, everyone is to follow their own inner guidance – skipping a session is everybody's own choice (participation will remain non-compulsory).









10 Questions & Answers

3. Who is the Meditation Camp designed for?

Everyone interested in getting to know and above all to experience OSHO's active meditations is warmly invited to this retreat. The program will be held in English and is oriented toward internationals interested in exploring, discovering, or deepening their understanding of meditation. You can participate regardless of age, physical prowess, or previous experiences.

4. Where is the camp situated and who does conduct the retreat?



Osho Sannidhi (www.oshosannidhi.in) is a meditation camp site situated on the foothills of the famous Chamundi Hills close to the city of Mysore in South India. It offers a meditation hall and simple accommodations in the beautiful surrounding of a huge, lush, green garden with various colorful flowers and animals like birds, fish butterflies, and chipmunks. The camp is beautifully surrounded by fields cultivated for generations by amiable farmers. Many different kinds of birds can be spotted here, amongst other animals.

Under the guidance of Vidyadhara Venugopal, thousands of seekers have participated in residential meditation/yoga retreats in Osho Sannidhi since its foundation in 2004. Vidyadhara Venugopal's spiritual practice has begun in his early childhood, when he was listening and reciting Upanishads, Bhagavad Gita, and various Mantras as well as Sutras under guidance of his grandfather. In 1987 his live started to turn towards Osho and he was able to learn from the transforming spiritual master Swami Chaitanya Bharti, now called as 'Whosoever'. Vidyadhar's retreats are non-serious, playful, and full of laughter, but of utmost sincerity. He remains ever simple, friendly, authentic, and spontaneous.









10 Questions & Answers

5. What kind of food and accommodation can you expect?

Participants can expect simple but clean accommodations in single or twin-share rooms with hot showers. Three Times a day delicious and healthy vegan & vegetarian food options will be served with additional in-between tea times. Please know and respect: This is not a hotel and associated services cannot be expected. The Ashram is a place for mindfulness and healing, which is why use of alcohol is strictly prohibited during participation in the program. Cigarettes are not permitted on the premises.







6. When will the camp take place and how long does it take?

The 7-days intensive meditation camp will be held from 22nd of January to 28th of January 2024. We will start on Monday, January 22nd on early afternoon and end around the same time on Sunday, 28th of January. After a four days intensive introduction and experience, the overall program will allow for more personal time and relaxation and give opportunities to further deepen but also integrate the earlier meditation experiences.

You don't have enough time? We highly recommend anyone to trust and undergo the full seven day process. However, if you can only spent less days we will find a way (minimum of 4 days, 22nd of January to 25th , is required). Please contact us upon registration, if you will not be able to stay for the whole camp.









10 Questions & Answers

7. How much is the admission fee?

Admission fee for 7-days Osho Meditation Camp and Ashram experience, including

16,000 INR	program admission, meals, and accommodation in a single bed in twin-shared room with common/shared bathroom (2,300 INR per day)
21,000 INR	program admission, meals, and accommodation in a single bed in twin-shared room with attached bathroom (3,000 INR per day)
31,500 INR	program admission, meals, and accommodation in a single room with attached bathroom (4,500 INR per day)






Can't spent so much money? Please, contact us, so we can find an individual solution for your situation! We welcome any committed person to this camp regarding of income/wealth.

Please be aware that the Ashram offers simple but clean rooms, that may not fully adhere to western standards. Hot water will be made available to everyone. The Ashram itself is run by dedicated meditators who themselves prepare and clean all the rooms and not run by normal employees.








10 Questions & Answers

8. What to bring?

- ☐ regular comfortable clothes (expect to be sweating in some meditation sessions and therefore bring more clothes than usually necessary- or prepare to handwash)
- ☐ white dress (for Satsang, evening session)
- ☐ personal hygiene products
- ☐ towel
- ☐ water bottle
- ☐ comfortable slippers
- ☐ mosquito protection
- ☐ torch

9. How to get there?

Mysore (sometimes also “Mysuru”) has a train station, bus stand, and an airport and can be reached by many means of transportation. Mysore can be reached in a 3-4 hours drive by car from Bangalore.

From the city center in Mysore, take an auto/rickshaw to the Meditation Center (https://goo.gl/maps/LQ6rNdoS7Pv2jaKQ9). The auto fare should be around 300 INR and takes roughly 30 minutes.

If you need help to arrange transportation, please contact us in advance!









10 Questions & Answers

10. Still having questions or doubt? Were can you sign up?

Please contact us via Whatsapp/Telegram:

+49 176 56 56 73 76

Sandra (International Camp Organizer)

To register online visit:

www.linktr.ee/oshosannidhi

OSHO sannidhi















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Sign up now:

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Osho Sannidhi Mysore, Karnataka, India