

DECEMBER	5/12	7/12	Living the Aliveness – The Week End Magna and Maitri
	5/12	11/12	Living the Aliveness – Osho Pulsation Basic Training Magna, Maitri
	5/12	14/12	VOICING® International Training 6 Pratibha and Rabamashi
	5/12	9/12	Primal Training 1 Svarup
	6/12	12/12	Osho Divine Healing Arts Training 2 Kashin
	12/12	16/12	Degree Course Metaphysical Dance® 8th module ONLINE Deepti Canfora
	16/12	21/12	Chakra Balancing Training 2 Atimoda and Prem Daniele
	19/12	21/12	M.A.P. Metaphysical Dance® Weekend Deepti Canfora
	24/12	26/12	Meditation Experience Miasto Staff
	27/12	31/12	Il Tao of Change and Well Being – Opening to the New Siddho and Anurag ***
27/12	31/12	The Power of Love – OPH® Energy Path Anunaya ***	

JANUARY 2026

3/1	6/1	Osho Zazen Shunyo and Marco
3/1	6/1	Experiential Astrology Svarup
3/1	6/1	Ecstatic Tantric Pulsation Maitri

LEGEND

Courses normally start at 10.00 in the morning, with some exceptions:

- * starting time 8.30pm
- ** starting time 9.30pm
- *** starting time 3.00pm

consult the calendar of university course modules Psychodance therapy
Metaphysical Dance on the oshomiasto website

Workshop in water

“

A religious mind is a nonphilosophical mind. A religious mind is an innocent, intelligent mind. The mirror is clear, the dust has not been gathered; and every day a continuous cleaning goes on. That's what I call meditation.

OSHO, A BIRD ON THE WING

”

The Osho Miasto Institute offers daily meditations, workshops and training for personal growth.



OSHO MIASTO APS

Institute for Meditation and Spiritual Growth

RECEPTION

09.00 – 13.00
14.00 – 18.30
T. 0577 960 124
C. 351 271 8687
oshomiasto@oshomiasto.it



GROUP OFFICE

09.00 – 13.00
14.00 – 18.30
T. 0577 960 133
groupoffice@oshomiasto.it

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A place for everybody,
in any season,
for any reason...

OSHO MIASTO

2025

WORKSHOPS
TRAININGS
MEDITATION EXPERIENCE

MARCH

12/3 19/3 **Path of Love** | Sambhavo | *
 21/3 23/3 **Meditation Experience** | Anjori and Dhairya
 24/3 30/3 **VOICING® International Training 3** | Pratibha and Rabamashi
 24/3 30/3 **Osho Pulsation Training Advanced 3** | Magna and Maitri
 26/3 30/3 **OPH® EEnergy Path Basic Training 2nd part** | Anunaya

APRIL

3/4 6/4 **Tantra for Couples** | Anjori and Dhairya | **
 3/4 6/4 **From Heart to Essence** | Gyanprem | **
 4/4 6/4 **M.A.P. - Voicing® Weekend** | Pratibha
 10/4 16/4 **Tantric Pulsation Experience 3** | Aneesha Dillon
 11/4 13/4 **Meditation Experience** | Miasto Staff
 12/4 17/4 **Success in Relationships OFC Advanced Tr. II module 1** | Siddho and Anurag
 15/4 21/4 **My Sexuality - I.T.S. My Life Training** | Prashantam
 19/4 21/4 **Heart Dance Weekend** | Aneesha Dillon
 19/4 21/4 **Water is Life** | Keli
 19/4 21/4 **Breathing from Fear to Intimacy** | Shanti
 24/4 27/4 **The Medicine Wheel** | Anatta
 24/4 27/4 **F.L.Y. First Love Yourself** | Sambhavo
 24/4 26/4 **Opening To Feeling: The Weekend** | Magna and Maitri
 24/4 30/4 **Opening To Feeling: Osho Pulsation Basic Training** | Magna and Maitri
 28/4 4/5 **Ikigai Training 3** | Atimoda and Prem Daniele

MAY

1/5 4/5 **The Art of Healing Trauma** | Svagito
 1/5 4/5 **Aum Experience: Your InneRevolution** | Dakshina and Nandita
 1/5 4/5 **The Power of Water** | Shanti
 6/5 13/5 **Path of Love** | Sambhavo | *
 16/5 20/5 **Yes to Life: Systemic Constellation** | Siddho and Anurag
 16/5 20/5 **Dying to Live** | Shunyo e Marco
 16/5 20/5 **Return to yourself with Breathwork** | Pushan
 22/5 25/5 **The Inner Rainbow: from Matter to Heart** | Anunaya
 22/5 25/5 **Essential Enneagram** | Svarup
 23/5 25/5 **Flowing between Water, Earth, Air and Fire** | Amina
 23/5 27/5 **Supervision Group Osho Pulsation - Advanced Training** | Magna, Maitri

29/5 2/6 **Learning Love 1 - The foundations of Love** | Asti
 29/5 2/6 **Degree Course in Counselling Psychodance Therapy Metaphysical Dance® 1st year** | Deepti Canfora | #
 29/5 2/6 **Sufi, the Flame of Love** | Videha
 31/5 2/6 **Relax & Meditation** | Shanti | ***

JUNE

5/6 29/6 **ODB® Adv Tr. Assistantship and Internship** | Dwari, Shanti, Adhiraj, Pushan
 5/6 8/6 **Who is in?** | Kapil | **
 6/6 8/6 **Life is Just a Play** | Shakeel
 6/6 8/6 **Tantric Breath** | Dwari, Shanti, Adhiraj and Pushan
 6/6 13/6 **ODB® Osho Diamond Breath Basic Training 1** | Dwari, Shanti, Adhiraj, Pushan
 11/6 15/6 **The Magic of Meditation** | Shunyo and Marco
 13/6 15/6 **The Art of Being Spontaneous** | Sahaja
 13/6 15/6 **Liquid Joy** | Rabamashi
 15/6 21/6 **ODB® Osho Diamond Breath Basic Training 2** | Dwari, Shanti, Adhiraj, Pushan
 17/6 29/6 **VOICING® International Training 4** | Pratibha and Rabamashi
 18/6 22/6 **Deconditioning: from Conditioning to Creativity** | Kovida
 23/6 28/6 **ODB® Osho Diamond Breath Basic Training 3** | Dwari, Shanti, Adhiraj, Pushan
 27/6 29/6 **Meditation Experience** | Miasto Staff
 28/6 29/6 **Degree Course Metaphysical Dance® 2nd module ONLINE** | Deepti Canfora

JULY

1/7 6/7 **Osho Family Constellation Basic Training 1** | Siddho, Anurag and Arpita
 1/7 7/7 **Osho Divine Healing Arts Training 1** | Kashin
 3/7 6/7 **The Flower of Life** | Atimoda and Prem Daniele
 3/7 6/7 **Ocean Love** | Shanti
 7/7 13/7 **Neverending Adventure - Workshop for young people aged 16** | Advaita
 9/7 13/7 **From Shame and Guilt to Self Love** | Krishnananda and Amana
 14/7 20/7 **Voicing® Intensive** | Pratibha
 17/7 20/7 **Tantra for Couples in Warm Water** | Anjori and Dhairya
 17/7 20/7 **Food Love Connection** | Tarika Lovegarden
 18/7 20/7 **M.A.P. Trusting in Love Weekend** | Praful
 22/7 27/7 **Women & Men Learning Love** | Krishnananda and Amana

26/7 27/7 **Degree Course Metaphysical Dance® 3rd module ONLINE** | Deepti Canfora
 30/7 3/8 **The Eagle's Gift** | Prashantam
 31/7 3/8 **Sahaj: the Fire of Spontaneity** | Magna
 31/7 3/8 **The Colours of being - Aurasoma®** | Kovida

AUGUST

5/8 10/8 **Journey into the Inner Male and Female** | Siddho and Anurag
 7/8 10/8 **Tantra in the Forest Years: Aging and Intimacy** | Aneesha Dillon
 7/8 10/8 **Breathing for Healing Natural Sexuality** | Dwari
 12/8 19/8 **Tantric Pulsation Experience 4** | Aneesha Dillon
 13/8 17/8 **Tantric Pulsation** | Aneesha Dillon
 13/8 17/8 **Your True Power** | Sudhir
 20/8 24/8 **The Art of Love: Conscious Relating** | Svagito
 21/8 24/8 **The Power of The Heart** | Maneesha
 21/8 30/8 **Dance Alchemy Training 1** | Maneesha
 26/8 29/8 **Creativity Innocence** | Svagito and Kantu
 29/8 31/8 **Relax & Meditation** | Shanti | ***
 30/8 31/8 **Degree Course Metaphysical Dance® 4th module ONLINE** | Deepti Canfora
 31/8 3/9 **Painting Male and Female Energy** | Svagito and Kantu

SEPTEMBER

2/9 7/9 **Chakra Balancing Training 1** | Atimoda and Prem Daniele
 5/9 7/9 **Flowing into the Feminine** | Amina
 5/9 7/9 **Freeing the Body - The Week End** | Magna and Maitri
 5/9 11/9 **Freeing the Body - Osho Pulsation Training Base** | Magna and Maitri
 12/9 14/9 **Meditation Experience** | Miasto Staff
 14/9 21/9 **Atisha: the 7 Doors to Meditation** | Videha | **
 17/9 21/9 **Degree Course Metaphysical Dance® 5th module ONLINE** | Deepti Canfora
 19/9 21/9 **The Pleasure of Being Alive** | Shanti
 19/9 21/9 **Between Water and Sound: Silence** | Rabamashi
 23/9 28/9 **Osho Family Constellation Basic Training 2** | Siddho, Anurag, Arpita
 24/9 28/9 **VOICING® International Training 5** | Pratibha and Rabamashi
 26/9 28/9 **M.A.P. Creativity Weekend** | Sahaja
 29/9 5/10 **My Body - I.T.S. My Life Training** | Prashantam

OCTOBER

2/10 7/10 **Success in Relationships OFC Advanced Tr. II module 2** | Siddho, Anurag
 2/10 5/10 **The Inner Rainbow: from the Heart to the Divine** | Anunaya
 3/10 5/10 **Relax & Meditation** | Miasto Staff | ***
 6/10 12/10 **InneRevolution** | Dakshina and Nandita
 8/10 12/10 **The Art of Dying** | Ramatheerta
 8/10 12/10 **Ikigai** | Atimoda and Prem Daniele
 10/10 12/10 **Social Meditation Experience** | Dakshina and Nandita | **
 16/10 19/10 **Healing Bonding and Early Trauma** | Svagito
 16/10 19/10 **Body Balancing Energy Experience** | Gyanrahi
 17/10 19/10 **Tantra in Water: Opening to Love** | Anjori and Dhairya
 18/10 19/10 **Degree Course Metaphysical Dance® 6th module ONLINE** | Deepti Canfora
 22/10 29/10 **Born Twice: Osho Primal** | Svarup
 24/10 26/10 **M.A.P. Meditation in Depth Weekend** | Gyanprem
 31/10 7/11 **Born Twice: Osho Tantra** | Svarup
 31/10 2/11 **Breath Waves** | Keli

NOVEMBER

5/11 9/11 **The Tao of the True Success** | Anurag
 5/11 9/11 **VOICING® Rediscover your True Authentic Strength** | Pratibha
 11/11 16/11 **Osho Neo Vipassana** | Shunyo e Marco | **
 14/11 16/11 **Degree Course Metaphysical Dance® 7th module ONLINE** | Deepti Canfora
 15/11 17/11 **Healthy Boundaries: The Courage to Say No** | Asti
 14/11 16/11 **M.A.P. Abundance and completeness Weekend** | Kapil
 18/11 23/11 **Osho Family Constellation Basic Training 3** | Siddho, Anurag, Arpita
 19/11 23/11 **Breathing in Love and Freedom** | Shanti
 21/11 23/11 **Meditation Experience** | Miasto Staff
 26/11 3/12 **Path of Love** | Sambhavo | **