

# Connect, Express and Meditate

- Friendship Party
- Emotional Freedom
- Sacred Earth Meditation
- Friendship Meditation

OSHO Humaniversity in Amsterdam



VENUE: **OSHO MULTIVERSITY AMSTERDAM**  
Sarphatipark 5 1073 CN Amsterdam • Tel: 020 - 6797822

Evenings to connect, express  
and meditate together



### Friendship Party

25 November 2009 20:00 – 23:00

Entrance: € 5.-

Hang out, dance and chill with old and new friends.

### Emotional Freedom

9 December 2009 19:30 – 22:00

Entrance: € 15.-

Take this chance to let go of accumulated emotions in a supported environment.

Let your heart breathe again and share with others. (Bring an extra T-shirt).

### Sacred Earth Meditation

The latest Social Meditation by Veeresh.

13 January 2010 19:30 – 22:00

Entrance: € 10.-

"This earth does not belong to us, we belong to this earth." Dance and celebrate your **yes** to the earth.

### Friendship Meditation

3 February 2010 19:30 – 22:00

Entrance: € 10.-

Discover your capacity to love yourself and others in this beautiful interactive process.

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SCHOOL FOR MASTERS



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