



## OSHO Active Meditations - How do they differ?

**These powerful meditative techniques will benefit your employees as part of your wellness programme**

Osho saw that most people struggle with sitting silently so he created OSHO Active meditations. They start with activity first which makes the subsequent silent stage easier. These unique meditations work the body, mind and spirit.

Over a 4 week period, I can offer your employees a programme of one hour meditations such as:

- **OSHO Kundalini** - shaking and dancing followed by silence
- **OSHO Nadabrahma** - humming and hand movements followed by silence
- **OSHO Mandala** - running on the spot, waist and eye movements followed by silence
- **OSHO Nataraj** - dancing followed by silence

I bring several years experience as a qualified OSHO Active Meditation facilitator and an understanding of bringing wellness into the workplace.

To learn more about this, email Helen at [oshoireland@gmail.com](mailto:oshoireland@gmail.com) or at <https://www.linkedin.com/in/helenquinn/>