



## Painting & Art Therapy Meditation Training, Amalurra, Spain 2017

Meera developed her work through the medium of painting over nearly 40 years based on Osho's vision. This Painting and Art Therapy Meditation training is the product of her teaching to her students over many years. Her trainings worked on many levels; working with people, therapy, painting, dancing, self-enquiry and meditation. Over 2 weeks we will explore our inner nature using the methods that she developed including Primal Painting and Self-Portrait, most of the last week is spent painting outside in nature in the orchard, the woods, by the river and in the gardens of the community. The Osho Active Meditations Dynamic, Kundalini and Evening Meeting will be our daily foundation. See also: [www.meera.de](http://www.meera.de)

In Meera's own words:

*"Painting can be a mirror to look deeply into yourself. When you paint with awareness, whoever you are, whatever you are feeling in that moment, will find expression on the paper, and be captured there, reflecting yourself back to you. All that you need to do is stay open and watch.*

*In this way, through awareness of each moment, a revolution in consciousness is possible, because the mind has no space to get into old habits of commenting, judging, criticizing or instructing" (1)*

*"A watching space, an ability to see one's own character is needed and out of this watching, love arises naturally. Love is a by-product of meditation. So the therapist's job is not so much to give advice but to help people catch the fire of watchfulness - this is the key for working with people" (2)*

Quotes taken from: 1. *Re-awakening of Art*, Meera Hashimoto 2. *Osho Therapy*, Svagito Liebermeister

## DATES

Part 1: **Art Therapy Meditation Training - Awakening your Potential:** Arriving July 24<sup>th</sup> for Dinner. Starting July 25<sup>th</sup> at 10.00 am until July 31<sup>st</sup> at lunchtime.

Part 2: **Painting Intensive - Inner & Outer Nature:** Arriving July 31<sup>st</sup> for dinner. Starting August 1<sup>st</sup> at 10.00 am until to August 6<sup>th</sup> at lunchtime.

Individual parts may be booked separately see below.

## FACILITATION 2017

Every year Meera gave long trainings in India, Japan and Spain. Each of these trainings was supported by a specific painting team. This year's training in Amalurra will be presented by a team composed of members from each of these three painting teams Japan, Spain and India. These are some of the people who trained, co-facilitated and assisted, her consistently over many years some of whom first completed the training over 20 years ago.

A team of facilitators and staff will support the field of Meera's Painting and Art Therapy Meditation training. This will be a unique training and painting event



**Tosho (Japan):** First trained with Meera in 1992 and co-facilitated the Pune training with her for several years. He regularly assisted her at the annual "Cherry Blossom Training" in Japan and translated her book "Re awakening of Art" into Japanese. He is a therapist and regularly leads groups in Japan.



**Sahaja (Italy):** Sahaja first trained with Meera in 2011 and regularly assisted her in Spain, Italy, Sweden and India since that time. She is a professional artist and teacher specialising in Fine Art & Graphic Design and regularly leads groups based on Meera's work in Italy



**Premraj (Bali):** Premraj trained with Meera in 2001 and is mentioned specifically in her book "Re awakening of Art" and has also assisted her in the Pune Training. He is a professional artist specialising in glass casting, wood and painting.



**Ojas (Ireland):** Originally trained in Primal Painting with Meera in 2005 and almost every year from 2007 to 2017. He was her permanent assistant in Pune from 2011 to 2017 and at all of her long trainings in Spain and Italy for many years.



**Svagito Liebermeister:** Svagito will also be supporting part of the Art Therapy Meditation section of the training. A specialist in the art of working with people from a space of meditation and lovingness. For many years he coordinated the two-month Osho Therapist Training Programme at the Osho International Meditation Resort in Pune, India.

## LOCATION

The training takes place in the community of Amalurra which is located close to the village of Artzentales and close to the towns of Zalla and Balmaseda. It is connected by bus and train links to the city of Bilbao and is a 45 minute drive from Bilbao International Airport and located approximately 2 hours from San Sebastian Airport. A frequent train service from Barcelona to Bilbao is also available.

Amalurra is a community of 16 families established over two decades ago who are dedicated to a single vision of growing together in harmony with their environment. The new meditation hall of the community situated in the unspoiled natural landscape of northern Spain becomes our work studio to paint, mediate and learn together. See also [www.amalurra.com](http://www.amalurra.com)

## DETAILED TRAINING COSTS (accommodation not included)

<b>Title</b>	<b>Painting &amp; Art Therapy Meditation Training</b>
<b>Dates</b>	25-July to 06 August, 2017
<b>Total Training Price</b>	€1,450 (includes Hall fee & materials)
<b>Early Bird Price</b>	€1,300 if paid before April 24 <sup>th</sup> , 2017
<b>Pre-Requisites</b>	None

Individual parts may be booked separately (see below).

	<b>Part 1</b>	<b>Part 2</b>
<b>Title</b>	Art Therapy Meditation Training	Painting Intensive - Inner & Outer Nature
<b>Dates</b>	25 - 31 Jul, 2017	01 – 06 Aug, 2017
<b>No of Days</b>	6 ½	5 ½
<b>Training Price</b>	€750	€700
<b>Pre-Requisites</b>	None	Primal Painting

## ACCOMMODATION & FOOD

Double rooms are available: Cost is €65 per day per person sharing which includes three meals and tea. Limited Hostel accommodation may be available at a later date.

## BOOKING & FURTHER INFORMATION

To confirm your place a deposit of €200 (non-refundable) is required. Early booking is recommended as places are limited

If you have further questions or want to book contact: [dhyanojas@gmail.com](mailto:dhyanojas@gmail.com)