

## What is OSHO REBALANCING® ?

OSHO REBALANCING® is a form of body-oriented awareness-work which helps people to come back to harmony with themselves, so they can live their intrinsic unity of body, mind and heart. OSHO REBALANCING® works with a unique synthesis of bodyreading, deep connective-tissue massage, joint-release, energy- and breath-work, bodyawareness- and movement education, as well as with emotions and their expression. While the body frees itself from muscular rigidity and begins to relax, energy is released. Simultaneously we become aware of our old emotional holding-patterns, mental attitudes and habits. This released energy supports us in our process to more self-understanding and helps us to discover our hidden potential. We come in touch with our essence and enables us to meet life in a more spontaneous and meaningful way.



The essence of OSHO REBALANCING® is a loving, sensitive touch. Bodywork is one of the most subtle arts and not just a matter of technique- rather an expression of love. OSHO REBALANCING® considers the body as a gift of immense value, not as a mechanism to be put right.

A full treatment consists of a series of 10 to 20 sessions and pays respect to the unique background of the individual, his/her needs and challenges of the actual life-situation.

### **and how was it born ?**

In the mid-seventies a community of seekers grew around the enlightened master OSHO in Pune, India. Bodyworker and therapists from various backgrounds got inspired by Osho's vision in their work.

In an open, experiential atmosphere they took the courage to go beyond their limitations in their work. As old structures dissolved, a new space of playfulness and totally new ways of human growth came into existence. The form of bodywork that emerged from this space, became known as OSHO REBALANCING® in 1980 for the first time. Meanwhile thousands of people have been trained as OSHO REBALANCING® worldwide.

### **Principles of OSHO REBALANCING®**

#### **Structural Balance**

A balanced body is characterized by the ability to expand. This balance through expansion is the result of harmonious vertical and horizontal lines through the main joints of the body. It requires the uplifting forces to be spread evenly in order to balance the gravitational forces.

Contraction or collapse of the body is often caused by several factors: as a result to any experience, which has not been lived fully (something in the energy-cycle remaining incomplete) we contract. Particularly so-called "negative emotions" as paralysing fear, hidden sadness, held back anger and avoided pain cause contraction. If this happens repeatedly it becomes a pattern, leading to chronic contraction.

Additionally we learn contraction by imitating holding patterns of our parents, and any not healed physical and emotional traumas result in compensations within the overall balance of the body.

For these reasons, releasing contractions is necessary for the body to regain the ability to expand again.

#### **Awareness Through Touch**

By touching someone with our hands- even lightly- amazing things can happen, just by being totally present in our touch: a deep sensation of energy, a subtle communication, as if the most deep layers of our being are being touched and moved,

along with a feeling of coming closer to oneself, accepting oneself more deeply.

This way of touching can have a great impact on us, but it can't be explained scientifically. With this in mind we can't reduce OSO REBALANCING® to just a particular technique of touch.

What is the effect of changes in the body?

Deep connective tissue massage is usually done with applying a certain pressure, which seems to be the cause for change. Actually it is the awareness of the person, being touched as a main trigger for change. Change simply happens when we suddenly become aware again of some part of the body that seemed forgotten.

Passiv mobilisation of joints creates space in the joints, deep structural massage-strokes initiate changes in the organisation of layers in the body's connective tissues.

With the experience of awareness creating the most change we hold the key to overcome our deepest holding-patterns.

#### **Emotional Release And Awareness**

Our emotional, mental and physical reality form one unity, they can't be separated.

Our habitual reactions are based on incomplete emotional energy-cycles, originating from our past. The shape of our body indicates, how these patterns have formed us, determine our behaviour and even how we perceive ourselves, our self-image.

We are mostly cut off by chronic muscular tension from our natural, spontaneous movement, a vibration or streaming of energy, felt throughout the entire body.

This muscle-armor (W. Reich) keeps a tight control over our thoughts and feelings.

For this reason we are mostly not very conscious of our emotional attitudes and patterns of thought.

#### **Bodyawareness And Meditation**

“Live consciously- whatever you are doing- walking, sitting, eating.... or, if you don't do anything, just breathing, relaxing, laying in the grass- never forget, that you are the watcher. Make it an ongoing process....you will be surprised, how your life changes in its entire quality”  
Osho

Emphasising on bodyawareness is a first step towards going in, a new orientation of our consciousness from the outer to an inner space of peace and silence. This is at the core of OSO REBALANCING®. This meditative approach to bodywork can initiate a process of deep transformation, becoming less identified with outer concerns. It does not mean to go on an “inner escape”, but being deeply rooted in our reality (essence).

#### **„Grounding“**

Another important aspect of bodywork and personal growth is what we call grounding.

Our body –as a link between our being and the world around us- has to reconnect with the earth.

Our legs and feet act as the roots of a tree: the tree can only grow to its full size, if it is anchored by strong roots deep in the ground.

Accordingly, we humans, wanting to find our place in this vast existence, need a solid foundation, an “under-standing”.

A more holistic understanding of ourselves enables us to find our way in this world and to meet its challenges intelligently.

#### **Inner Alertness**

In this training we work with powerful methods, which will help us to recognize our defense-mechanisms.

For this reason it is important to develop an openness to contact our vulnerability.

This requires the willingness and the courage to look at our old patterns.

To enter a space of openness and inner alertness, is one of the most basic aspects of learning, how to work with people.

During the group-process and by giving and receiving sessions, we learn the acceptance of our sensitivity and

vulnerability. In this space transformation through a deep acceptance of ourselves is possible. Our approach to learning is based on the insight that we can facilitate somebody's growth process only to the extent of how deep we have gone in our own experiences.

## OSHO-REBALANCING® Training



### General information

The OSHO REBALANCING® is an in-depth program of professional education in holistic bodywork as well as personal transformation.

It addresses people who are involved in the medical, psychological, educational or therapeutic field, and who wish to deepen and expand their professional understanding.

Besides that it is open to anybody with any background who is interested in learning the art of holistic bodywork and is motivated to give optimum support to his/her own healing process.

### Requirements for participation:

- Participation in an OSHO REBALANCING® -Introductory workshop.
- Individual session and interview with a teacher of the training. In addition we recommend to take individual sessions with a certified OSHO REBALANCER®.
- Previous experience in bodywork, therapy and meditation is welcomed, but not obligatory.

### Structure of the training:

The basic OSHO REBALANCING® program takes approximately 3 years. The basic training runs over a period of two years and consists of 6 blocks. After successfully completing the basic training trainees can sign up for the advanced training (third year, 3 blocks, with certification to work as a professional).

### Content of the Training Program:

The basic training consists of three stages:

#### First stage: "Opening"

This first stage is an introduction to the art of touch.

By touching each other we become aware of our holding patterns, and often of our lack of touch. We will also be introduced to basic techniques of deep bodywork, such as deep tissue work, joint-release and breath-work.

We open up and relax the superficial layers of our body-mind armor. We will get to know our breathing-pattern as our main source of life energy. We will experience, how we limit our aliveness and joy of life by restricted breathing.

While our breath deepens and the energy-level begins to rise, we work with releasing and integrating our legs.

We experience, what it means to become more grounded, to gain a deeper

“under-standing” of ourselves.

Rooted in our grounding we work the sides of the body and open up to our feelings and their expression through our arms and hands.

We become aware of our patterns of how we relate to the world around us, in particular our (in)ability to give and receive.

**Further themes:**

- basic knowledge in structural and functional anatomy
- principals of bodyreading
- anatomy of the shoulder-girdle, ribcage and legs
- open group-sharings to process what comes up
- bodyawareness training
- Introductory exercises to train our “hara-awareness“
- Introduction to active meditationstechniques, which support integration of changes into every-day-life.
- meditation

**Second stage: “ Discovering The Core“**

While we have been working with the superficial layers(“sleeve“) of the body in the first stage, we are now able, to contact deeper structures, which we call the “core“.

In here we discover our emotional, cognitiv and energetic patterns, which were formed mostly by early-childhood conditioning.

The outer, “extrinsic“ structures of the body, surrounding the core relate to so-called “action-function“, as opposed to “being-functions“ of the core, such as inner strength, aliveness and alertness.

**Further themes:**

- Learning extended techniques of deep bodywork
- structural and functional anatomy of the core-structures
- understanding the core-sleeve-relationship
- theory and practise of the neoreichian approach
- basic principles in working with the “inner child“
- releasing and balancing the pelvis as a base of structural and functional balance
- exploring our sexual energy via the breath and activating the core-muscles of the pelvis
- understanding our relating-patterns
- deepening the experience of “Grounding“
- Connecting our center of gravity to the „inner Line of support“
- open group-sharings to communicate and deepen our experiences
- further developing our “hara-awareness“
- deepening meditation

**third stage: “Integration“**

In the previous two stages we were working with opening the “sleeve“ and got in touch with our “core“. In this last stage we are introduced to the integration of the core-sleeve-relationship. We explore its structural, functional and energetic aspects. Integration is the experience of being “whole“ and is rooted in perceiving yourself in your totality: feeling with an open heart and being the master of a clear, quiet mind.

An integrated body is like an open channel, allowing a harmonious flow of energy to pass through.

**Further themes:**

- refining and deepening methods of deep bodywork
- body-awareness and movement-education (functional integration)

- working with specific structural-functional imbalances
- the therapist-client-relationship
- beyond technique: finding your own style (intuitiv integration)
- contacting the „inner healer“
- Feedback sharings
- applying hara-awareness in our work
- integration of action-and being-functions and energetic integration
- energy-work

**Advanced Training:**

While the basic training teaches the trainee all necessary technical abilities and skills to practise Osho Rebalancing® the advanced training aims at professionally applying this in the work with the client.

Working successfully and responsibly demands a great deal of self-reflexion on the part of the therapist in order to reach a maximum of clarity in the relationship with the client.

Topics:

- Basic principles of R. Kurtz` Bodyoriented Psychotherapy
- The therapist-client relationship
- The mechanism of „Transference and Countertransference“
- Theory of R. Kurtz` Bodytypes and its practical application
- Working with specific structural-functional dysfunctions
- Process-work
- Communication with the client
- Supervision-sessions

### The 3-year OSHO REBALANCING® -training-program

consists of two parts,  
the basic training (6 blocks) and the advanced training (3 blocks).  
Participants sign up by each year.

<b><i>basic training</i></b>		
first year		
1.Block	18.-25. April 2009	Heidelberg
2.Block	23.-30. August 2009	Greece
3.Block	Jan./Febr. 2010	Vorarlberg/ Austria
second year		
4.Block	April 2010*	
5.Block	August 2010*	
6.Block	Jan./Febr.2011*	

***advanced training***

**third year**

7.Block	April 2011*	
8.Block	August 2011*	
9.Block	Jan./Febr. 2012*	

\*exact dates and final location will be announced well in advance

**duration** 63 days ( appr. 600 hrs.)

Training-fee: EURO 2450.-\* for each year ( 3 blocks)

\*supervision-sessions ,(E 75.- each) not included

**sign-up date** **February 28. 2009**

**Introductory workshops**

28.-30. November 2008 Heidelberg

20.-23. Februar 2009 Heidelberg

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