The Community Experience
Living, Working and Meditating
Work as meditation is the theme of the Community Experience Program. Becoming aware of how you are working, rather than just of what you do, brings a new dimension to your life. Everything you create becomes a mirror of who you are. Putting your full heart into what you do, not because you have to, but because you care, shows that you are a responsible and loving person. Work is nothing but love made visible.

You will be working in the area of the community where you have skills or where support is needed. This could be maintenance work, gardening, cleaning, computers, cooking, and more. In addition to sharing your skills, you will also have the opportunity to learn something new in an area where you have little experience.

You can join in a selection of meditations and sessions from the extensive Humaniversity program. In the morning you will participate in the Dynamic Meditation, and once a week you will join our famous AUM meditation together with the rest of the community. Twice weekly everybody has an hour of playtime to explore themselves in a chosen activity such as exchanging individual sessions, meditating, jogging or playing music.

Monday to Wednesday offers a variety of evening courses, from drumming to bioenergetics, massage, and creativity. Once a week there is a Workers Evening including a sharing circle. On Thursday you are welcome to join our Osho-Do class (martial arts), followed by a visit to the sauna. Classes in archery and a range of individual sessions are available for a fee.

Three times a week the Boozeria, our house disco, is open. On other nights you can hang out in the Coffeeshop.

On your weekly day off you can go walking and biking in the extensive nature reserves around our campus or go into Egmond aan Zee itself and enjoy the delights of this seaside town. A beautiful beach is a five minute walk from our house, and day trips can easily be made to Amsterdam.

There is a special discount for Humaniversity trainees and experienced workers. If you would like to come, please get in touch with us.

For further information call +31-72-506-4114 and ask for Isha.
Who is the Community Experience Program for?

Anyone looking for an uplifting and challenging experience in their lives will benefit from the Community Experience Program. It is especially suitable for people who:

- Like to work in an environment of friendship
- Are looking for new friends and loving connections
- Like high energy and excitement
- Want to grow and expand their capacity for happiness
- Share our passion for creating a better world

The Community

Our community is like an extended family, where relationships and working together are very important. The values we live by are love, respect, care, responsibility, teamwork, honesty and friendship.

As a participant in the Community Experience Program, you enter a melting pot of people of all ages and nationalities. Living and working with us is about creating peace in your immediate surrounding. We work out all practical problems as well as the personal differences between us. You will experience that deep down we are all the same, that love is always the answer, and that friendship is the key.

Practical Information

We highly recommend that you participate in the Tourist Program before joining. This is to ensure you are familiar with Humaniversity Therapy and to enable you to fully integrate as a worker in the community. The duration of the Community Experience Program is from 3 days to 3 months.

The prices are as follows:
- per day: € 30,-
- per month: € 900,-
Osho Humaniversity is an international center for personal growth, therapy, spirituality, professional development, and the training of therapists. It was founded in 1978 by Veeresh D. Yuson-Sánchez, and is based in Egmond aan Zee, on the North Sea coast in the Netherlands.

The philosophical aim of the Osho Humaniversity is ‘Working with People for a Better World’; a goal which the institute teaches by providing extensive and intensive experiential education – the combination of emotional awareness and wisdom, and objective, practical information. This takes place in a dynamic communal living environment with a high level of social interaction.

The Osho Humaniversity has several affiliated centers throughout the world, including UK, Sweden, Italy, Canada, and Israel.