



Osho



Gurdjieff

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 Movement & Meditation

[Video Presentation](#)

## Gurdjieff Movements, Meditation Practices and Group Activities 2019 Springtime Program in Çıralı, Turkey

The search we share through these programs begins with the question of "*what move us in life?*" rather than the question of "*who am I?*" While the second question does not have an answer, the first question has definite answers, and may carry us through a long exploration into the secret of life, death and something beyond.

This search is deeply human yet unusual because we normally are well protected against the impacts of what we may come to realize through such questioning into the causes of our actions, the sources of our desires, and the direction in which we are moving. Most of us would prefer to stay in the world of nouns, concepts and mirages rather than to open ourselves to the real world of movement. Courageous seekers on this path, however, are bound to be rewarded by the discovery of life within life, an upward flow of life that may start asserting itself in midst of the mechanical flow of "life" that carries us from birth to death.

The programs are led by [Plavan N. Go](#), and they are the developments of local group initiatives that started around him in Çıralı, Turkey from 2015.

### *Part 1: Revelation through Movement and Rest*

March 16 (Saturday) to April 6 (Saturday)

### *Part 2: Exploration into life within life*

April 13 (Saturday) to May 4 (Saturday)

Some participants may choose to participate only during the first eight days of Part 1 and/or the first nine days of Part 2 during the Easter Week:

- March 16 (Saturday) to 23 (Saturday) in Part 1
- April 13 (Saturday) to April 21 (Easter Sunday) in Part 2

The Movements practiced will differ between Part 1 and Part 2 with a few exceptions. Some participants may choose to join from Part 2.

Local coordination & contact (in English or Turkish):  
Seyran at Herbisi ([seyran6@gmail.com](mailto:seyran6@gmail.com))

The Weekly Timetable and the Pricing & Booking Policy are attached.

## Weekly Timetable

\* This is a basic timetable. Some changes may take place.

\* There will be a short break in the program after every 60 to 90 minutes.

### Saturday

In the first week of Part 1 or Part 2:

- 20:00 to 22:00:  
Opening session with Plavan

In other weeks:

- 9:00 to 12:00 (May be extended to 12:30 as required.)  
Morning meditation and Movements with Plavan

### Sunday

- 9:00 to 12:00 (May be extended to 12:30 as required.)  
Morning meditation and Movements with Plavan
- 20:00 to 21:39:  
*Evening meditation and self practice under local leadership*

### Monday

- 9:00 to 12:00 (May be extended to 12:30 as required.)  
Morning meditation and Movements with Plavan

### Tuesday

- 9:00 to 11:15  
*Morning meditation with self-practice under local leadership*
- 20:00 to 22:00  
Evening meditation and Movements with Plavan

### Wednesday

- 9:00 to 12:00 (May be extended to 12:30 as required.)  
Morning meditation and Movements with Plavan

### Thursday

- 9:00 to 11:15  
*Morning meditation with self-practice under local leadership*
- 20:00 to 22:00  
Evening meditation and Movements with Plavan

### Friday

A meeting for short meditation, sharing and Q&A in the morning In the case of the first week of Part 1 or Part 2. A day-off or possibly some group event (dinner, etc.) in other weeks.

## Pricing & Booking Policy

1 TL (Turkish lira) = approx. 0.2 USD = 0.17 Euro = 22 yen (as of Dec. 7, 2018)

First eight or nine days of Part 1 OR Part 2: 900 TL

Extension up to the next Saturday: +400 TL

Further extension up to the next Saturday: +300 TL

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Full participation in Part 1 OR Part 2 = 1600 TL

Continued participation in Part 2 after full participation in Part 1: +800 TL

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Full participation in Part 1 AND Part 2 = 2400 TL

The above full-participation fee may be lowered for some committed participants depending on the degree of their commitment and contribution:

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Early booking is recommended because the space is limited.

For those whose financial resources are limited, some reduction from the above-mentioned participation fees may be considered under the following conditions:

- Full participation for the period of three weeks or more
- Firm and early commitment
- Confirmation of commitment by partial advance payment

For booking and possibly also for assistance or advice on transportation and accommodations, contact Seyran, the local coordinator:

seyran6@gmail.com