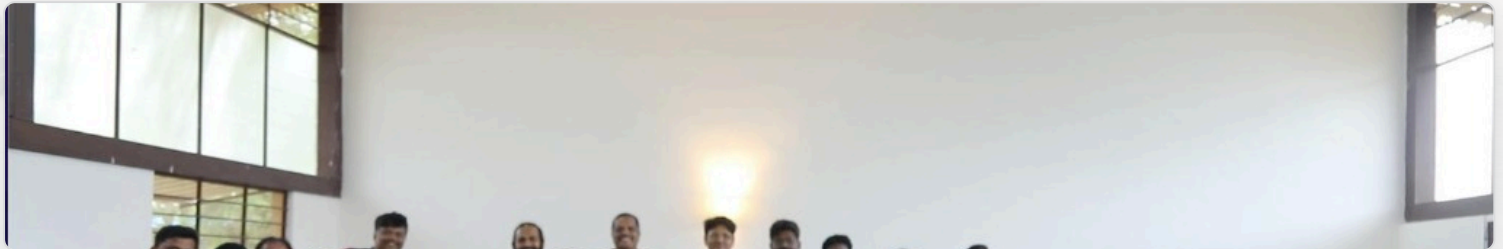




PRESENTED BY MONT ZEN ESSENCE

AWAKEN YOUR INNER JOY

OSHO NAVKAR MEDITATION FESTIVAL

A 3-Day Journey of Transformation, Celebration, and Deep Inner Peace.**DATES**

Oct 30 – Nov 1, 2026

LOCATION

Hotel Ashvem Beach Inn, Goa

ALL-INCLUSIVE

From ₹8,700

GUIDESSwami Mahendra, Ma Taradevi
& Abundant Harish[RESERVE YOUR SPOT ONLINE ↗](#)[WHATSAPP: +91 81528 93546](#)**ABOUT THE FESTIVAL**

STEP OUT OF THE NOISE AND INTO YOUR CENTER

A SACRED COASTAL CONTAINER DESIGNED FOR PROFOUND INNER BLOSSOMING

Welcome to a profound gathering of seekers, lovers of meditation, and free spirits. Set against the vibrant and healing backdrop of Ashvem Beach in North Goa, the **Osho Navkar Meditation Festival** is an invitation to shed daily mental fatigue, break through stored emotional patterns, and reconnect with your unbounded authentic joy.

- ✓ **Profound Transformation:** High-energy active release, catharsis, and deep blissful stillness.
- ✓ **Cellular Sound Healing & Sacred Cacao:** Singing bowls frequency bath & heart-opening ceremonies.
- ✓ **Idyllic Oceanfront Goa:** Nourishing ocean breezes, sacred circle hall, and pure satvik vegetarian dining.
- ✓ **Master Space Holders:** Held with love and absolute safety by Swami Mahendra, Ma Taradevi & Abundant Harish.
- ✓ **All-Inclusive Retreat Passes:** Full program access, accommodation in AC beachfront cottages, and daily nutrition.

**LIVING THE EXPERIENCE**

GLIMPSES OF SACRED COMMUNITY & AWAKENING



CANDLE CEREMONY



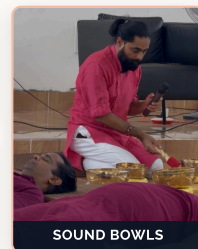
OCEAN WAVES



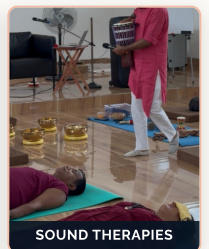
BEACH STILLNESS



CERTIFICATION



SOUND BOWLS



SOUND THERAPIES

EXPERIENCE A MASTERFULLY CRAFTED PROGRAM

DIVE DEEP INTO A CURATED SELECTION OF TRANSFORMATIVE PRACTICES



1. NAVKAR MEDITATION

The signature practice of the festival, designed to center your subtle energy and bring profound alignment to your body, mind, and spirit.

2. OSHO DYNAMIC MEDITATION

High-intensity morning catharsis breaking deep-seated physical tensions, clearing suppressed stress, and awakening razor-sharp alertness.

3. OSHO KUNDALINI MEDITATION

Gentle yet potent sunset shaking and celebration melting physical rigidities, allowing stagnant life energy to flow freely upward.

4. KALI MEDITATION

Channeling the fierce, transformative energy of Kali to burn through mental illusions, discharge fear, and reclaim authentic self-sovereignty.

5. OSHO UPASANA MEDITATION

Sitting in silent communion near existence, cultivating deep devotional awareness, effortless stillness, and unconditional receptivity.

6. OSHO CHAKRA MEDITATIONS

Cleanse and revitalize subtle pranic vortexes through synchronized breath, deep resonance, and targeted inner witness awareness.

7. SWAYAMBHU MEDITATION

Reconnecting with the unconditioned, self-arising core of pure presence in a restorative, tranquil grounding container.

8. LIFE TREE MEDITATION

Rooting physical awareness deep into mother earth while expanding consciousness into the cosmos, restoring organic equilibrium.

9. SOUND HEALING & THERAPIES

Led by Abundant Harish: Tibetan singing bowls & vibrational therapies harmonizing cells into deep delta restorative states.

10. SACRED CACAO CEREMONY

Ancient heart-opening plant remedy circle dissolving protective emotional walls, opening deep communion with self & kindred souls.

YOUR GUIDES

MEET YOUR FACILITATORS

DECADES OF IMMERSIVE DEVOTION TO OSHO'S LIVING VISION



SWAMI MAHENDRA RAJDEV

Master Facilitator & Meditation Mentor

Decades of deep immersion into Osho's active therapies and transformative vision. Holds a grounded, celebratory space guiding seekers safely into stillness.



MA TARADEVI

Intuitive Guide & Space Holder

Infusing grace, grounding, and gentle awareness, Ma Taradevi creates an exceptionally nurturing container enabling seekers to soften, release, and blossom.



ABUNDANT HARISH

Sound Healing Master & Therapist

Master of sacred acoustic frequencies and singing bowls. Utilizing deep vibrational therapies to release emotional blocks and restore cellular harmony.

VOICES OF TRANSFORMATION

WHAT SEEKERS SAY

★★★★★ 5.0 / 5.0 Star Rating • Verified Google Reviews & Video Shares

★★★★★

"I attended the Mont ZenEssence Retreat, and it was truly an amazing and life-enriching experience. Every session was thoughtfully designed, deeply meaningful, and extremely helpful. After the retreat, I felt very light, calm, and refreshed—both mentally and emotionally. Special mention to facilitators Mr. Mahendra Rajdev and Maa Taradevi."

Akshata Jain

Jan 2026 Batch • Verified Google

★★★★★

"This retreat was a blessing in disguise as I was introduced to 5 powerful Dynamic Osho Meditations by master Sri Mahendra Rajdevji in a very profound way. He is a Noble Soul with Noble intentions. The serene atmosphere, meditations, stay, food, and most importantly the love and warmth never fades away."

Dr Sateesh CP

Active Sadhana Seeker • Verified Google

VENUE & SANCTUARY

YOUR SANCTUARY IN GOA

HOTEL ASHVEM BEACH INN • ASHWEM BEACH, NORTH GOA



DELUXE AC COTTAGES



RESORT POOL & GROUNDS



DELUXE BALCONY SUITES

📍 OFFICIAL VENUE: HOTEL ASHVEM BEACH INN

Ashwem Beach Road, Mandrem, North Goa 403527 • Footsteps from Ashwem beach shores

[GET DIRECTIONS ON GOOGLE MAPS ↗](#)

Hosted at the tranquil **Hotel Ashvem Beach Inn**, footsteps from the peaceful waves of Ashwem Beach in North Goa. Features air-conditioned cottage accommodations, lush palm gardens, resort swimming pool, oceanfront meditation spaces, and delicious high-vibrational vegetarian cuisine.

3-DAY IMMERSIVE ITINERARY

FRIDAY, OCTOBER 30 TO SUNDAY, NOVEMBER 1, 2026

DAY 1: FRIDAY, OCTOBER 30 — GROUNDING & CATHARSIS

- **11:00 AM:** Check-in, room allocation, settling into cottages, and welcome tea.
- **Afternoon:** Osho Dynamic Meditation cathartic release session to shed accumulated mental stress.
- **Sunset:** Kali Meditation — fierce release cutting through illusions into sovereign strength.
- **Evening:** Sound Healing Journey with singing bowls & Kundalini shaking meditation.

DAY 2: SATURDAY, OCTOBER 31 — CENTERING & SACRED CACAO

- **Sunrise:** Osho Dynamic Meditation awakening total alertness and vitality.
- **Morning:** Navkar Meditation — signature centering practice aligning body, mind, and spirit.
- **Afternoon:** Osho Chakra Meditations balancing pranic centers with sound & breath.
- **Sunset & Night:** Sacred Oceanfront Cacao Ceremony, White Robe Celebration & Ecstatic Dance.

DAY 3: SUNDAY, NOVEMBER 1 — STILLNESS & INTEGRATION

- **Sunrise:** Life Tree & Swayambhu Meditation rooting into earth while opening upward.
- **Morning:** Osho Upasana Meditation — silent sitting in reverence and presence.
- **Mid-day:** Mindful Beach Walk along Ashwem shores & Closing Integration Circle by 03:00 PM.

RETREAT INVESTMENT

FESTIVAL PASSES & ACCOMMODATION

TRIPLE SHARING

₹8,700

PER PERSON • STAY & FOOD

DOUBLE SHARING

₹11,700

PER PERSON • MOST POPULAR

SINGLE OCCUPANCY

₹14,700PRIVATE COTTAGE • STAY &
FOOD

DAY PASS

₹2,500

WITHOUT ACCOMMODATION

RESERVE YOUR SEAT TODAY

Spaces strictly capped at 20 participants to preserve intimacy & depth.

 Call / WhatsApp: +91 81528 93546 • www.zenessence.pro**BOOK ONLINE ↗****WhatsApp**