



MONT ZEN ESSENCE SANCTUARY / SHIVAGANGE HILLS, BENGALURU

AWAKEN TO THE PRESENT OSHO MEDITATION FESTIVAL

3-Day Residential Meditation Gathering

An invitation to step away from the city and immerse yourself in guided active meditations, silent awareness, cathartic release, and joyful White Robe celebrations led by Swami Mahendra Rajdev amidst the ancient boulder landscapes of Shivagange.

DATES & TIMING

Sep 25 – 27, 2026

Fri 10:30 AM – Sun 3:00 PM

LOCATION

Mont Zen Essence

Shivagange Foothills (55 km
BLR)

FACILITATION

Sw. Mahendra Rajdev
& Certified Meditation Team

PASSES & ROOMS

From ₹5,500

Stay & Satvik Dining Included

[RESERVE YOUR ROOM & PASS →](#)

[BOOK SPOT ONLINE ↗](#)

FESTIVAL & GROUP EXPERIENCES

MOMENTS OF SILENCE, CELEBRATION & SACRED COMMUNITY

Authentic glimpses of community circles, active meditation release, sound journeys, ecstatic celebration, and serene nature spaces at Mont Zen Essence.





EVENT OVERVIEW

A SACRED SANCTUARY IMMERSED IN NATURE

The **Awaken to the Present: Osho Meditation Festival** is an invitation to step out of modern sensory overload and land fully in this moment. Carefully curated over 3 immersive days, the journey harmonizes active release, deep third-eye stillness, and ecstatic celebration amidst the sacred geological energy of Shivagange Hills.

FESTIVAL DATES

Sep 25, 26, & 27,
2026

REPORTING TIME

10:30 AM (Sep 25)

CHECK-OUT TIME

3:00 PM (Sep 27)

FACILITATION

Sw. Mahendra
Rajdev & Team

EVENT HIGHLIGHTS & DAILY PRACTICES

ACTIVE METHODS & DEEP STILLNESS

ACTIVE CATHARSIS & RELEASE

01

DYNAMIC & DEVAVANI MEDITATION

Break through emotional blocks with powerful morning catharsis, followed by expressive vocal discharge to quiet the conscious mind and reset the nervous system.

THIRD-EYE & TRANSFORMATION

02

SHIVANETRA & KALI MEDITATION

Tap into third-eye awareness and unleash raw transformational energy to dissolve inner friction, habitual hesitation, and subconscious resistance.

ENERGY HARMONIZATION

03

CHAKRA & MANDALA MEDITATION

Rebalance your subtle energy centers through structured movement, rhythmic breathwork, and centered circular visualization inside the tranquil hall.

PURE MINDFULNESS

04

VIPASSANA MEDITATION

Ground your practice in pure, unconditioned presence and silent mindfulness, resting without effort in the witness consciousness.

HEART OPENING & FREEDOM

05

CACAO CEREMONY & ECSTATIC DANCE

Connect with a heart-opening sacred plant remedy paired with uninhibited, soul-led movement, acoustic resonance, and authentic joyful liberation.

VIBRATIONAL RELAXATION

06

SOUND HEALING & KEERTAN MEDITATION

Melt into deep acoustic soundscapes, singing bowls, and communal devotional music that lift the spirit into ecstatic celebration and silence.

SHIVAGANGE NATURE IMMERSION

07

OPTIONAL MORNING TREKKING

Reconnect with living nature through sunrise walks along the scenic granite trails of Shivagange, breathing pure hill air before morning practices.

DAILY SCHEDULE

BALANCED RHYTHM OF ACTIVE RELEASE, DEEP STILLNESS & JOYFUL CELEBRATION

DAY 1 – FRIDAY, 25TH SEPTEMBER 2026

OPENING DAY

Arrival, Grounding & Welcome Night

10:30 AM – 11:30 AM	Arrival, Registration & Room Allocation
11:30 AM – 01:00 PM	Welcome Circle, Orientation & Introductory Meditation
01:00 PM – 02:30 PM	Nutritious Vegetarian Lunch & Rest
02:30 PM – 04:30 PM	Devavani & Kali Meditation Session
05:00 PM – 06:00 PM	Evening Tea & Refreshments
06:00 PM – 07:30 PM	Evening Meditation & Silent Integration
08:00 PM – 09:00 PM	Nutritious Satvik Dinner
09:00 PM – 10:30 PM	Welcome Night: Sound Healing & Keertan Meditation

DAY 2 – SATURDAY, 26TH SEPTEMBER 2026

INTENSIVE DAY

Deep Dive, Energy Harmonization & Ecstatic Celebration

06:00 AM – 07:00 AM	Osho Dynamic Meditation / Optional Morning Trekking
07:30 AM – 08:30 AM	Herbal Tea & Healthy Breakfast
08:30 AM – 10:00 AM	Vipassana & Shivanetra Meditation
10:30 AM – 12:30 PM	Chakra & Mandala Meditation Session
01:00 PM – 03:00 PM	Nutritious Vegetarian Lunch & Personal Integration Rest
03:00 PM – 04:30 PM	Deep Expression & Active Catharsis
05:00 PM – 06:00 PM	Evening Tea & Nourishing Refreshments
06:00 PM – 07:30 PM	Osho Kundalini & Evening Satsang
08:00 PM – 09:00 PM	Nutritious Satvik Dinner
09:00 PM – 10:30 PM	Cacao Ceremony & Ecstatic Dance Celebration

DAY 3 – SUNDAY, 27TH SEPTEMBER 2026

CLOSING DAY

Stillness, Integration & Gratitude Farewell

06:00 AM – 07:00 AM	Osho Dynamic Meditation / Sunrise Mountain Walk
07:30 AM – 08:30 AM	Healthy Wholesome Breakfast
08:30 AM – 10:30 AM	Silent Vipassana & Integration Meditation
10:30 AM – 12:30 PM	Closing Ceremony, Sharing Circle & Gratitude Meditation
01:00 PM – 02:30 PM	Farewell Vegetarian Celebration Lunch
02:30 PM – 03:00 PM	Packing, Final Reflections & Check-out (by 3:00 PM)

WHAT'S INCLUDED IN YOUR JOURNEY

COMPLETE, ALL-INCLUSIVE SANCTUARY EXPERIENCE



FULL FESTIVAL FACILITATION

Access to all active and silent meditation sessions, ceremonies, sound baths, and satsangs led by Swami Mahendra Rajdev & team.



WHOLESOME VEGETARIAN DINING

All delicious, freshly cooked vegetarian breakfasts, lunches, dinners, herbal teas, and daily refreshments throughout the 3 days.



SANCTUARY ACCOMMODATION

Full 2-night stay according to your chosen lodging tier (from shared dormitories to private luxury AC rooms) in tranquil nature.



NATURE TREKS & CEREMONIES

Morning hill treks along Shivagange, ceremonial cacao medicine, ecstatic dance celebration, and sound healing acoustic sessions.

MEET YOUR FACILITATORS

GUIDING YOUR JOURNEY OF AWAKENING, HEALING & CELEBRATION

LEAD MENTOR



SWAMI MAHENDRA RAJDEV

CHIEF MENTOR & OSHO MEDITATION FACILITATOR

With decades of immersive devotion to Osho's transformative vision, Swami Mahendra Rajdev brings tremendous heart, infectious celebration, and razor-sharp clarity to every retreat space. Known for holding an exceptionally safe, grounded, and high-energy container, he gently guides seekers through intense active release into boundless inner silence.

Leading the 3-day festival container, he facilitates dynamic active meditations, evening white robe celebrations, catharsis release, and deep satsang circles.



MA TARADEVI

YOGA & DANCE ENERGY

Guiding joyful morning flow, yogic alignment, and ecstatic dance energy.



SW VINAY

MARMA THERAPY

Ayurvedic vital energy points to unlock blocked prana and vitality.



MA AYUUSHI JAIN

FEMININE HEALING

Somatic feminine wisdom, emotional healing, and intuitive grace.



SW HARISH

SOUND HEALING

Acoustic singing bowls, meditative frequencies, and sound therapy.



MA HEMA

CHAKRA ACTIVATION

Deep chakra alignment, energy breathwork, and subtle body awakening.

FREQUENTLY ASKED QUESTIONS

EVERYTHING YOU NEED TO KNOW BEFORE ATTENDING

WHAT ARE THE EXACT ARRIVAL AND CHECK-OUT TIMINGS?

Reporting and registration begins at **10:30 AM on Friday, September 25, 2026**. Settle in, receive room keys, and attend orientation at 11:30 AM. Check-out is by **3:00 PM on Sunday, September 27, 2026** after lunch and reflections.

DO I NEED PRIOR EXPERIENCE WITH OSHO ACTIVE MEDITATIONS?

No prior meditation experience is required. Swami Mahendra Rajdev and the team explain every technique with live demonstrations and clear instructions before each stage, making it welcoming for all.

WHAT KIND OF FOOD IS SERVED DURING THE RETREAT?

All meals are 100% wholesome, freshly cooked vegetarian cuisine crafted with fresh ingredients to support physical release and mental lightness during active meditations, with herbal teas served daily.

WHAT SHOULD I PACK FOR THE 3-DAY FESTIVAL?

Bring comfortable, loose clothing suited for vigorous movement (maroon and white clothing are traditional for Osho meditations), good walking shoes for the hill treks, personal toiletries, and a water bottle.

RESERVE YOUR SPACE

CHOOSE YOUR PREFERRED ACCOMMODATION TIER

BEST VALUE

NON-AC DORMITORY

Shared peaceful dormitory stay surrounded by fresh hill air and nature gardens.

₹5,500

PER PERSON / ALL-INCLUSIVE

RESERVE YOUR SEAT →

AC DORMITORY

Climate-controlled shared dormitory providing optimal cool comfort for rest and sleep.

₹6,500

PER PERSON / ALL-INCLUSIVE

RESERVE YOUR SEAT →

SINGLE OCCUPANCY TENT

Private standalone nature tent for those seeking grounding outdoor solitude under the stars.

₹7,500

PER PERSON / ALL-INCLUSIVE

RESERVE YOUR SEAT →

MOST POPULAR

TRIPLE AC ROOM

Spacious AC room with attached private bathroom, shared between 3 retreat participants.

₹9,500

PER PERSON / ALL-INCLUSIVE

RESERVE YOUR SEAT →

DOUBLE AC ROOM

Deluxe AC room shared between 2 participants or couples with attached modern bathroom.

₹12,500

PER PERSON / ALL-INCLUSIVE

RESERVE YOUR SEAT →

PRIVATE LUXURY

SINGLE AC ROOM

Exclusive private AC sanctuary room with attached bathroom for complete individual privacy.

₹17,500

PER PERSON / ALL-INCLUSIVE

RESERVE YOUR SEAT →

RESERVE YOUR SANCTUARY SPOT ONLINE

All passes are all-inclusive of transformative Osho active meditations, sacred ceremonies, sound healing, chef-crafted organic Satvik meals, and nature sanctuary accommodation at Mont Zen Essence.

RESERVE YOUR SEAT ONLINE →

Direct Link: <https://zenessence.pro/september-retreat.html> • Instant Secure Confirmation

SANCTUARY COORDINATES

Mont Zen Essence Sanctuary

Shivagange Foothills, Dobbaspet, near Bengaluru, Karnataka 562111

(Approximately 55 km northwest of Bangalore via NH 48 / Tumkur Road. Carpooling and travel groups coordinated via WhatsApp post-registration.)

DIRECT CONCIERGE & INQUIRIES

Have questions or wish to speak with our retreat coordination team?

 **Phone:** +91 81519 93456 / +91 81528 93546

 **WhatsApp:** +91 81519 93456

 **Online:** zenessence.pro/september-retreat.html

MONT ZEN ESSENCE SANCTUARY

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