

# Reichian Character Structure

## a 7-Day Training with Devaraj at Osho Leela in the UK

### Daily Schedule

There will be an arrival and a completion day at the beginning and end of the training. Each of the five days in between will be devoted to one of the five Reichian Character Types and will follow the structure below.

7.00 - Morning Meditation - Yoga, Bioenergetics or Osho Meditation - 1 hour

8.00 - Showers & Breakfast

9.30 - Morning Session

- The origin and aspects of today's character type
- Explaining the types of exercises that can be utilised to integrate this character type
- Questions - theoretical or personal
- Partner sharing about how you see this character type in your own thinking and behaviour
- Acting out this side of yourself with other group members
- A short somatic or psychological session working with this character type.

13.00 - Lunch and Break

15.30 - Afternoon Session

- Circle Sharing
- A longer session working with the day's character type, utilising the techniques of Bioenergetics, Reichian Therapy or Breathwork.

19.00 - Dinner and Break

20.30 - Gentle Closing Session - 1 hour

21.30 - Hangout or Bedtime

You may skip the early morning and evening sessions if you prefer to have extra rest