

### 1. Personal Growth Group (Jan 4 – 31) (Age Group: 30 – 40)

This relatively short course offers an opportunity for personal growth and inner healing through intensive inner process work in a group setting. Participants are helped to examine their self-defeating attitudes, behaviour patterns and emotional reactions that prevent them from moving forward in life and to tap their healing potential. They will learn new ways of relating to experience with insight and understanding that create possibilities of transformation. A readiness for self-disclosure, desire for inner healing and compassionate self-regard enable participants to derive maximum benefit from the course.

### 2. Tanmaya Sadhana (Feb 7 – March 23) (Age Group: 35 – 45)

This course aims to assist participants in their spontaneous, natural movement towards the realization of the inherent potential we all have for wholeness and towards becoming one's own unique person (Tanmaya).

The course will begin with some basic orientation and community building sessions. The intense inner process work that follows invites participants to be honest, insightful and compassionate towards themselves and others as they look at the factors that hinder the call and task to become more and more one's own true self. An additional component of this course is Human Sexuality and Affectivity which provides the participants opportunities for personal exploration as to how one's affective energies can be channeled for mature and fulfilling relationships and be at the service of a deeper spiritual life. Participants will be given practical tips in Communication Skills that would enhance the application of one's emotional intelligence. They will also be initiated into

the use of AMR (Awareness Relaxation & Meditation) in their daily life.

### 3. Samagratha Sadhana (April 21 – May 29) (Age Group: 45 – 55)

There is a radical change in development during the middle years of life. This is a period when one becomes aware of the invitation to get initiated into the "inner reality" and to re centre his/her life around a new set of values. With its emphasis on midlife development, this course takes the participants through a process of self-exploration and self-awareness in order to help them to get on to a self-directed life and towards greater emotional and psycho-spiritual integration (samagratha) and wholeness. One becomes more spiritually oriented. Energy that was formerly used for external adaptations are directed into social and religious values. Being in harmony with oneself and with the world becomes important than external achievements.

### 4. Accompanying the Young in Affective Maturity (June 6 - 22) (Age Group: 35 – 50)

This course is meant for those in the ministry of personal accompaniment in seminaries and religious formation houses. It provides the participants a grounding in the psychological and developmental aspects of human sexuality and emotional maturity with special reference to the celibate way of life. It aims at training them to discuss the stages of psycho-sexual journey with those in their care in a comfortable and effective manner, and teaching them to recognize early signs in behaviors and personalities that signal a need for professional attention. An essential part of this approach is to point to the life affirming and spiritual aspects of sexuality and intimacy so that one's affective energies are

channeled into his or her daily life and relationships and are at the service of a deeper spiritual life. The course will also explore professional ethics and relational boundaries particularly applicable to ministerial and counseling situations.

### 5. Integral Formative Guidance (2018 Sept 5 – April 30, 2019)

*The Integral Formative Guidance is a training program for formation personnel.* The aim of the course is to train formators who are sufficiently self-aware and competent given the challenges they are likely to face in early-stage-formation work. The course is designed keeping in mind that the formators will need to be familiar with and equipped to address the spiritual, emotional, psychological and developmental needs of those in their care.

(A Bachelor's level college degree will be essential for admission. Preferred age limit is 35 - 50)

### 6. Tanmaya Sadhana (Oct 24 – Dec 8) (Age Group: 35 – 50)

The aim of this course is to assist participants in their spontaneous, natural movement towards the realization of the inherent potential they have for wholeness, towards becoming one's own unique person (Tanmaya).

The basic orientation and community building sessions will initiate participants into interior silence and awareness. Vipassana will give more depth and focus to this interior silence and awareness. Vipassana will give more depth and focus to this interior silence and awareness. The serious inner process work that follows immediately invites



participants to be honest, insightful and compassionate towards themselves and others as they look at the factors that hinder the call and task to become more and more one's own true self. The module on Human Sexuality and Affectivity provides the participants opportunities for personal exploration as to how one's affective energies can be channeled for mature and fulfilling relationships and be at the service of a deeper spiritual life.

### 7. Vipassana (Oct 28 – Nov 8)

Observing our life experiences characterized by constant change, pleasure and pain, fear and joy from a place of stillness enables us to relate to life with less fear and clinging and with increasing poise and equanimity. Vipassana helps us to find that place of stillness within ourselves. Vipassana, also known as insight meditation, is a simple and direct practice of moment to moment observation of the mind-body process through calm and focussed awareness. Deepening insight helps us see the totality of our being and experience life with greater clarity, wisdom and compassion. Participants generally find this retreat a purifying experience.

## Admissions

1. You can apply for a course by filling the online application form available on our website:

**sadhanainstitute.org**. When you open the website, you will see **Our Programs**, click on the particular program you are interested in, and the form will open to be filled in; at the end click **[Submit]**. The form will reach us directly after which you will receive an acknowledgement email. Application forms can also be downloaded from our website and may be completed and e-mailed to us.

2. Simultaneously your Major Superior will receive an

email with the Confidential Recommendation form, which he/she is requested to send back to us by email or by post duly filled-in. Please note: Confidential Recommendation from the applicant's Major Superior is an admission requirement for first time applicants.

3. Upon receiving the completed forms, you will receive a letter of acknowledgement and information about the status of your admission.

4. When admission is granted, a letter of acceptance will be sent to you offering you a seat and containing relevant information regarding fees and payment modalities, how to get to Sadhana Institute, and what to bring with you.

5. If, for some reason, you cancel your admission, your seat is not transferable. It is given to the next person on the waiting list.

**Please note that our programs are personally demanding and challenging and yet greatly transforming. They are not meant for those who are seeking rest and relaxation.**

## Correspondence

Please address all admissions related correspondence to:

**Admissions Director  
Sadhana Institute  
Lonavla 410 401 - India**

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# SADHANA INSTITUTE



## PROGRAMME - 2018

**Sadhana Institute, Lonavla 410 401,  
Dist - Pune, India**