

1. Tanmaya Sadhana (Jan 9 - Feb 23) **(Age Group: 35 - 45)**

The aim of this course is to help 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. After this comes the intense inner process work that 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. Participants are then guided through a week of reflection, sharing, and discussion on Human Sexuality and Affectivity with 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. The course will end with a few days of reflecting together on the new orientations to life the participants are beginning to experience and the new behavior patterns they are ready to initiate.

2. Samagratha Sadhana **(May 6 - June 21) (Age Group: 45 - 55)**

People experience a radical change in development during the middle years of life. They

become aware of an invitation to get initiated into the "inner reality" and to re centre their 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. The course would give participants time to look at some of their unfinished emotional and psychological issues, and bring them to a meaningful closure, and also to own and accept some of their inevitable losses. One can now become more spiritually oriented. Energy that was formerly used for external adaptations are directed into social and religious values. Wisdom and sagacity take the place of diminishing physical and mental vigor. Being in harmony with oneself and with the world becomes important than external achievements.

3. Integral Formative Guidance **(2019 Sept 2 - April 30, 2020)**

The Integral Formative Guidance course is explicitly meant for the early stage formators. 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 (candidacy, pre-novitiate, Novitiate, Minor Seminary etc.) 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. Those who have already attended

attended our typical Sadhana courses or Personal growth programs would be given preference for admission.)

4. Tanmaya Sadhana (Oct 9 - Nov 22) **(Age Group: 35 - 50)**

The aim of this course is to help 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. After this comes the intense inner process work that 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. Participants are then guided through a week of reflection, sharing, and discussion on Human Sexuality and Affectivity with 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. The course will end with a few days of reflecting together on the new orientations to life the participants are beginning to experience and the new behavior patterns they are ready to initiate.

5. Accompanying the Young in Affective Maturity (Nov 27 - Dec 12) (Age Group: 35 - 50)

This course is meant for those in the ministry of personal accompaniment and Religious Formation. 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 channelled 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.

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 Bishop/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 Bishop/Major Superior is an admission requirement for the 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:

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SADHANA INSTITUTE



PROGRAMS - 2019

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