

## **1. Tanmaya Sadhana (Jan 6 – Feb 21) (Age Group: 35 – 50)**

This course aims at helping 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 starts with a few days of basic orientation and community building sessions. This is followed by the intense inner process work that helps participants to 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. The last component of the course is "Sadhana of Jesus," which will help the group to integrate their experiences and self-awareness in line with the vision of Jesus that is related to the reign of God. 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. Personal Growth Group (Feb 28 – March 18) (Age Group: 35 – 50)**

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.

## **3. Samagratha Sadhana (May 5 – June 19) (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.

## **4. Bringing Gestalt to Daily Life (June 21 – 27)**

Gestalt Therapy is concerned with the whole individual, who is viewed as more than the sum of his/her behaviours. Gestalt enables a dialogue between the fragmented and divided polarities within us thus leading towards integration and wholeness in persons, relationships and society. Emphasis is placed on awareness, actuality, and personal responsibility so that one learns to trust one's own resources and become less dependent and manipulative in relating to others maintaining appropriate boundaries between self and others. The training will be conducted in a group setting

with focus on practical working and application to personal growth.

## **5. Integral Formative Guidance (Sept 1, 2020 – April 27, 2021)**

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

## **6. Tanmaya Sadhana (Oct 1 – Nov 20) (Age Group: 35 – 50)**

Please see course description under # 1 above.

## **7. Vipassana (Oct 6 – 17)**

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 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.

## 8. Accompanying the Young in Affective Maturity (Nov 29 – Dec 17) (Age Group: 35 – 55)

This course is meant for those in the ministry of personal accompaniment and Religious Formation. It aims at training participants 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. 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. 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: <[www.sadhanainstitute.org](http://www.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, Pune, India

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# SADHANA INSTITUTE



## PROGRAMS - 2020

Sadhana Institute, Lonavla 410 401,  
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