



SADHANA INSTITUTE

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SADHANA COURSES: 2023

1. Tanmaya Sadhana (Jan 4 - Feb 24) (Age Group 35 - 55)

This is a renewal course aiming to help participants to become aware of the inherent potential they have for wholeness and to move towards becoming one's own unique person (Tanmaya). The course will begin with basic orientation and community building sessions followed by a Journal retreat that sets the tone of silence and awareness for what follows, namely, (a) reflection, sharing, and discussion on Human Sexuality and Affectivity that gives the participants the 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; (b) 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 and; (c) communication skills that will help participants to become aware of their unhealthy communication patterns and to initiate new ways of communicating—expressing themselves with honesty and clarity, while simultaneously paying others a respectful and empathic attention. 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 (March 1 - 31) (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. Tanmaya Sadhana (April 12 - May 27) (Age Group 35 - 50)

Please see course description under # 1 above.

4. Meaning Seeking Mid Years

----- (Cancelled for this year) -----

We all grow daily passing through different stages of development. The middle years are a special meaning-seeking stage when one tries to harness together one's scattered and underutilized resources from earlier stages of development and to direct them

towards a more fulfilling second half of living. This course aims to help the participants to enter more consciously and deliberately into this transforming stage finding newer levels of integration.

5. Gestalt 1 - Bringing Gestalt to Daily Life

----- (Cancelled for this year) -----

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.

6. Tanmaya Sadhana (August 30 - Oct 14) (Age Group 40 - 55)

Please see course description under # 1 above.

7. Integral Formative Guidance (2023 August 30 - 2024 April 27) (Age Group 35 - 50)

The Integral Formative Guidance course is explicitly meant for Religious Men and women who are already in, or are preparing themselves to be in, early-stage-formation work (candidacy, pre-novitiate, Novitiate, Minor Seminary etc.). 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 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.

The course has two major parts. The first part focuses

on personal renewal and the participants go through the basic components of the Tanmaya Sadhana renewal course. The second part focuses on skills training with components like basic counseling skills, stages of human development, Communication skills, Family Systems Theories, Personality Theories, Personality Disorders, Self-Esteem, Discernment, Spiritual Direction, Christian Maturity, etc. **(A Bachelor's level college degree or equivalent will be essential for admission.)**

8. Revisiting Sadhana Experience - Becoming Persons of Peace and Reconciliation (Oct 22 - Nov 04) (Age Group 40 - 60)

The whole focus of Sadhana program can be described as helping participants to find peace and reconciliation within themselves and consequently, to become people who bring peace and reconciliation to their respective communities and societies. While peace and reconciliation are among the deepest longings humans experience, they have remained among the greatest challenges for humanity. We experience being fragmented spiritually, emotionally within ourselves, with our families, spouses, neighbours and on the basis of gender, castes, creed and race etc.

9. Revisiting Sadhana Experience - Shifting Life Paradigms (Nov 13 - Dec 02) (Age Group 40 - 60)

Enabling participants to make necessary paradigm shifts has been an important aspect of Sadhana programs. This course aims at Helping participants to become aware of the paradigms that have been operating in their life and of the need to make a shift in these paradigms in order to make their life more meaningful and fulfilling.

10. Gestalt 1 - Bringing Gestalt to Daily Life (Dec 10 - 17) (Age Group 35 - 55)

Please see course description under # 5 above.

Admissions

1. You can apply for a course by filling the online application form available on our website: 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 emailed 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. Only upon receiving the completed forms, you will be granted admission and if you are given admission, a letter of acceptance will be sent to you with relevant information regarding fees and payment modalities, how to get to Sadhana Institute, and what to bring with you.

4. 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. A readiness for self-disclosure, desire for inner healing and compassionate self-regard enable participants to derive maximum benefit from our courses.

Correspondence

Please address all admissions related correspondence to:

Admission Co-ordinator

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