



SADHANA INSTITUTE

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PROGRAMS: 2026 SEPT - JUNE 2027



1. Tanmaya Sadhana (2026 Sept 01 - Oct 30) (Age Group: 35 - 50)

This renewal course aims to help participants to become aware of the potential they have for wholeness and to move towards becoming one's unique person (Tanmaya). The main components of the course will be: (a) Orientation and community building sessions, (b) Journal Dialogue, (c) 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; (d) 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 placed at the service of a deeper spiritual life; (e) communication skills to help participants to initiate new ways of communicating — expressing themselves with honesty and clarity, while simultaneously paying others a respectful and empathic attention and; (f) reflection on Psycho-Spiritual Maturity as manifested in one's attitudes and behaviors. 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. Redeeming the Anger-Energy (2026 Nov 3 - 14) (Age Group: 35 - 50)

Anger is a basic emotion that all people experience, often with so much guilt, discomfort and embarrassment mainly because they understand it very little, and lack the skill to use it in healthy and appropriate ways. Often one is told to get rid of his/her anger or to overcome it. Many of us consider anger and love as mutually excluding emotions. And so, we tend to avoid, deny, or repress anger—holding ourselves, others, and our relationships hostage to this powerful emotion. As a result, anger remains an unredeemed energy within us. This course seeks to help participants to understand this emotion better, become aware of, own up, and express it in responsible ways protecting their well-being without damaging themselves and others. In this process, one also becomes better skilled to help others deal with their anger energy combining it with the energy of love so as to build mature and fulfilling relationships, and to be more effective in championing the causes they take up.

3. Personal Growth Group (2026 Nov 18 - Dec 19) (Age 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. A readiness for self-disclosure, desire for inner healing and compassionate self-regard enable participants to derive maximum benefit from the course.

4. Tanmaya Sadhana (2027 Jan 04 - Feb 26) (Age Group: 35 - 45)

This renewal course aims to help participants to become aware of the potential they have for wholeness and to move towards becoming one's unique person (Tanmaya). The main components of the course will be: (a) Orientation and community building sessions, (b) Journal Dialogue, (c) 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; (d) 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 placed at the service of a deeper spiritual life; (e) communication skills to help participants to initiate new ways of communicating — expressing themselves with honesty and clarity, while simultaneously paying others a respectful and empathic attention and; (f) reflection on Psycho-Spiritual Maturity as manifested in one's attitudes and behaviors. 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. Integrating Co-existing Memory Systems (March 02 - 13) (Age Group: 30 - 45)

We can have several emotional memory systems co-existing within us clustered around certain themes. If they are not recognized, owned up and integrated, they can become reactive, as if they own us! They limit our inner freedom and in different ways continue to impact our lives - not always in desirable ways. Under their influence we might find ourselves reacting to situations and persons in ways that make us

embarrassed, ashamed. This course aims at helping participants to get in touch with their not yet integrated emotional memory systems, understand them, address them gracefully, and integrate them into their conscious adult self so as to be able to live their life more purposefully and consciously. This process will help the participants to become more skilled in understanding others, and become a helping, listening, and loving person.

6. Personal Growth Group (2026 April 01 - May 08) (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. A readiness for self-disclosure, desire for inner healing and compassionate self-regard enable participants to derive maximum benefit from the course.

7. Samagratha Sadhana (May 12 - June 30) (Age Group: 45 - 55)

While the basic content of this course remains the same as that of the Tanmaya Sadhana course (Please see the course description under # 1), it will take up some of the important themes associated with Mid-life. The middle years of life are a time when people become aware of an invitation to get initiated into the "inner reality" and to re-center their life around a new set of values. Being in harmony with oneself and with the world and being more spiritually oriented become important quests than external achievements. With this invitation in mind, the participants are helped through a process of self-exploration and self-awareness to get on to a self-directed life and towards greater emotional and psycho-spiritual integration (Samagratha) and wholeness.

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 course 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. 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:

Admissions Coordinator

Sadhana Institute

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Website: www.sadhanainstitute.org

Please Note: Admission portal is removed from the website. Kindly contact for admissions: Cell: 7620598025 (Call and WhatsApp)