



SADHANA INSTITUTE

Old Khandala Road, Lonavla,
Dist: Pune - 410401, Maharashtra, India.

E-mail: sadhanacourse@gmail.com

Website: www.sadhanainstitute.org



PROGRAMS - 2022

1. Tanmaya Sadhana (Jan 11 – Feb 25, 2022) (Age Group: 35 – 50)

The aim of this course is 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). 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, is a major part of the course. 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 week on communication 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. Know your Family Dynamics (March 20 – 26, 2022) (Age Group: 35 – 55)

What is in our conscious mind, we can take charge of; what is not in our conscious mind can create problems for us. Often, we are not aware of the dynamics that go on in our family life and unwittingly we allow certain unhealthy dynamics to create difficulties for us. This course aims at helping participants to *become aware of the functioning of one's family, gain a deeper insight into one's personal functioning and take positive steps to reshape one's pattern of life, thus to enrich their family life.*

3. Tanmaya Sadhana (April 21 – May 27, 2022) (Age Group: 35 – 50)

Please see course description under # 1 above.

4. Drawing from the Depths (May 15 – May 22, 2022)

This retreat seeks to help participants learn to work with all of their life experiences, both positive and negative, to develop a basis for important life decisions. The interplay of journal exercises and techniques creates a dynamic process that helps participants build an energy and momentum within themselves to take the next steps in life.

5. Accompanying the Young in Affective Maturity (June 02 – June 23, 2022) (Age Group: 35 – 55)

Those in the ministry of personal accompaniment and Religious Formation find this course particularly helpful. 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. 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. particularly applicable to ministerial and counseling situations.

6. Gestalt 1: (June 12 – June 18, 2022) (Age Group: 35 - 55)

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.

7. Tanmaya Sadhana (Sept 1 – Oct 22, 2022) (Age Group: 40 - 55)

Please see course description under # 1 above.

8. Integral Formative Guidance (Age: 35 – 50) (2021 Sept 1 – 2023, April 27)

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.)**

9. Personal Growth Group (Age: 28 - 40) (Nov 07 – Nov 25, 2022)

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.

10. Gestalt 1 (Dec 04 – Dec 10, 2022) (Age Group: 35 - 55)

Please see course description under # 6 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 payment of accommodation charges, 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

**Sadhana Institute,
Old Khandala Road, Lonavla,
Dist: Pune - 410401, Maharashtra, India.**

Mobile and WhatsApp: 7620598025
Landline: (02114) 276112

Email: sadhanacourse@gmail.com
Website: www.sadhanainstitute.org