



BY SADHANA NOW

SADHANA STUDY PROGRAM

Yogic Philosophy

The Purpose

"...ENCOURAGES STUDENTS TO EMBARK THEIR JOURNEY OF SELF KNOWLEDGE"

Through the study of the essence of Yogic teachings, nourish and deepen your understanding of your individual spiritual journey. This transformative Study Program is a source of knowledge for people truly interested in Yoga Philosophy.

It encourages students to embark their journey of Self knowledge and invites Yoga teachers, to profoundly immerse themselves in the deep study of Yoga and Vedanta Philosophy, bringing their teachings and yogic knowledge to the next level. We believe that learning does not stop after taking a teacher training course. A training opens us the door to this world of Self knowledge. It is up to us to live up to it and find our source of continued inspiration!

10 MONTH | 2021
JANUARY
OCTOBER

“

MAY THIS COURSE SERVE YOU AS SUCH!

Grow deeper awareness of the unity that
underlies all names and forms.
Have clarity and find your truth.
We await you with open arms!

SADHANA NOW

”

Format

What Awaits You

30 Minute Onboard 1 on 1 Call and Goal setting

1 x Weekly class in Vedanta, Yoga and Sankhya Philosophy.

1 x Monthly Sadhana Group Zoom Meet Up over 9 months

2 x 30 Minute 1 on 1 individual Counselling Calls to enhance your spiritual progress

2 x Weekly Satsangs*

1 x Monthly Community Hatha Yoga Practice*

Study Manual

2 Study Summary Classes

Certification of Yogic Philosophy Study Program upon successful completion of the course**

*open to all the Sadhana Now Community

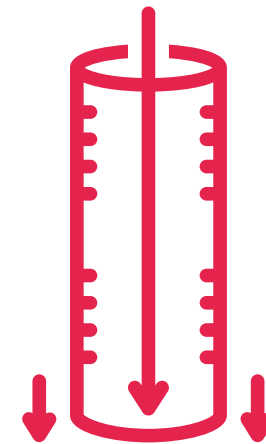
** The certification is a study certification. This certificate is not certified by organisations such as Yoga Alliance. We believe the depth of the teachings ought to be lived. The program is no equivalent to a teacher training course.

WHAT TO EXPECT

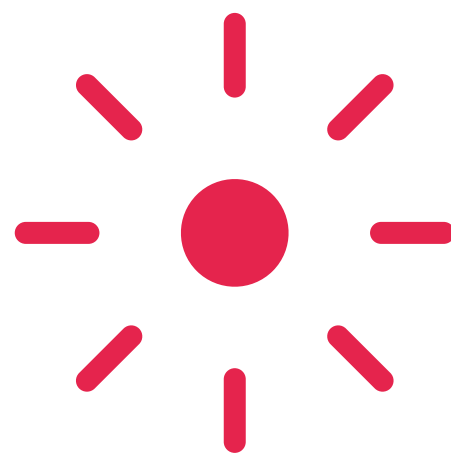
Important things



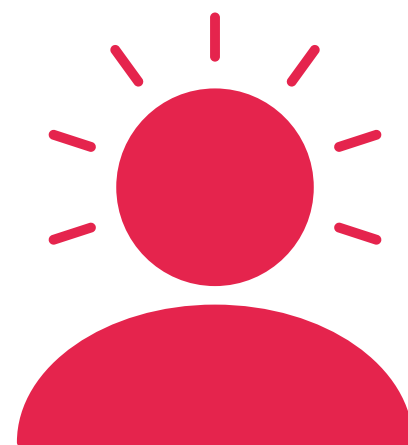
Deep study and insights into the teachings of the three different Darshanas (traditional schools of Hindu Philosophy): Vedanta, Yoga and Sankhya Philosophy.



Expanding understanding and knowledge in the Yogic Philosophy as we take time to study and contemplate on the teachings into depth.



Willingness for internal transformation.



Growing awareness of the unity that underlies all names and forms.



Personal support and inspiration in your individual Sadhana and study.

ADVAITA VEDANTA
PHILOSOPH

PATANJALI
YOGA SUTRAS

BHAGAVAD GITA

AYURVEDA,
THE SCIENCE OF LIFE

KARMA / BHAKTI YOGA

INTRODUCTION TO
THE DIFERENTS
DARSHANS

HATHA YOGA THEORY,
THE UNION OF SIVA
AND SHAKTI



Modules and Topics of Study

Hours and times of classes

**The Onboard Call takes place
before the start of the Course, once
you are registered.**

**Classes take place every Tuesday from Jan 12th until
October 12th**

1-2 pm MX, 2-3pm NYC, 8-9pm Central Europe

**Sadhana Group Meetings every last Sunday of the
month**

(31/1, 28/2, 28/3, 25/4, 30/5, 27/6, 25/7, 29/8, 26/9)

1-2 pm MX, 2-3pm NYC, 8-9pm Central Europe

Final Exam October 31st,

9-12am MX,

10am-1pm NYC,

16-19pm Central Europe

Exam Preparation classes:

October 19th & 26th

1-2:30 pm MX, 2-3:30 pm NYC, 8-9:30pm Central Europe)

TEACHERS OF THE COURSE

Meet the Team



Swami Kashi



Isvari



Narayana



Jagadambika

Our team of teachers in this Yogic Philosophy Study Program wishes to serve you as radiant instruments passing on the teachings received through the guidance of their own spiritual teachers. We wish to share them with you in its purest form, while experiencing and living up to these teachings on a personal level daily.

REGISTRATION AND COSTS

Three Important Aims



FULL PAYMENT

ONE PAYMENT
OF 900 €



DEFERRED PAYMENT

DEPOSIT OF 450 €
+6 MONTHLY PAYMENTS
OF 90 €

TOTAL= 990 €

REGISTRATION OPEN UNTIL DECEMBER 20TH, 2020

**"SADHANA IS THE PURPOSE FOR WHICH
WE HAVE COME TO THIS PLACE.**

**THE OBJECT OF SADHANA IS TO RELEASE
LIFE FROM THE LIMITATIONS WITH WHICH
IT IS BOUND."**

Swami Sivananda

**SADHANA STUDY PROGRAM
BY SADHANA NOW**



INFORMATION

www.sadhananow.com

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