



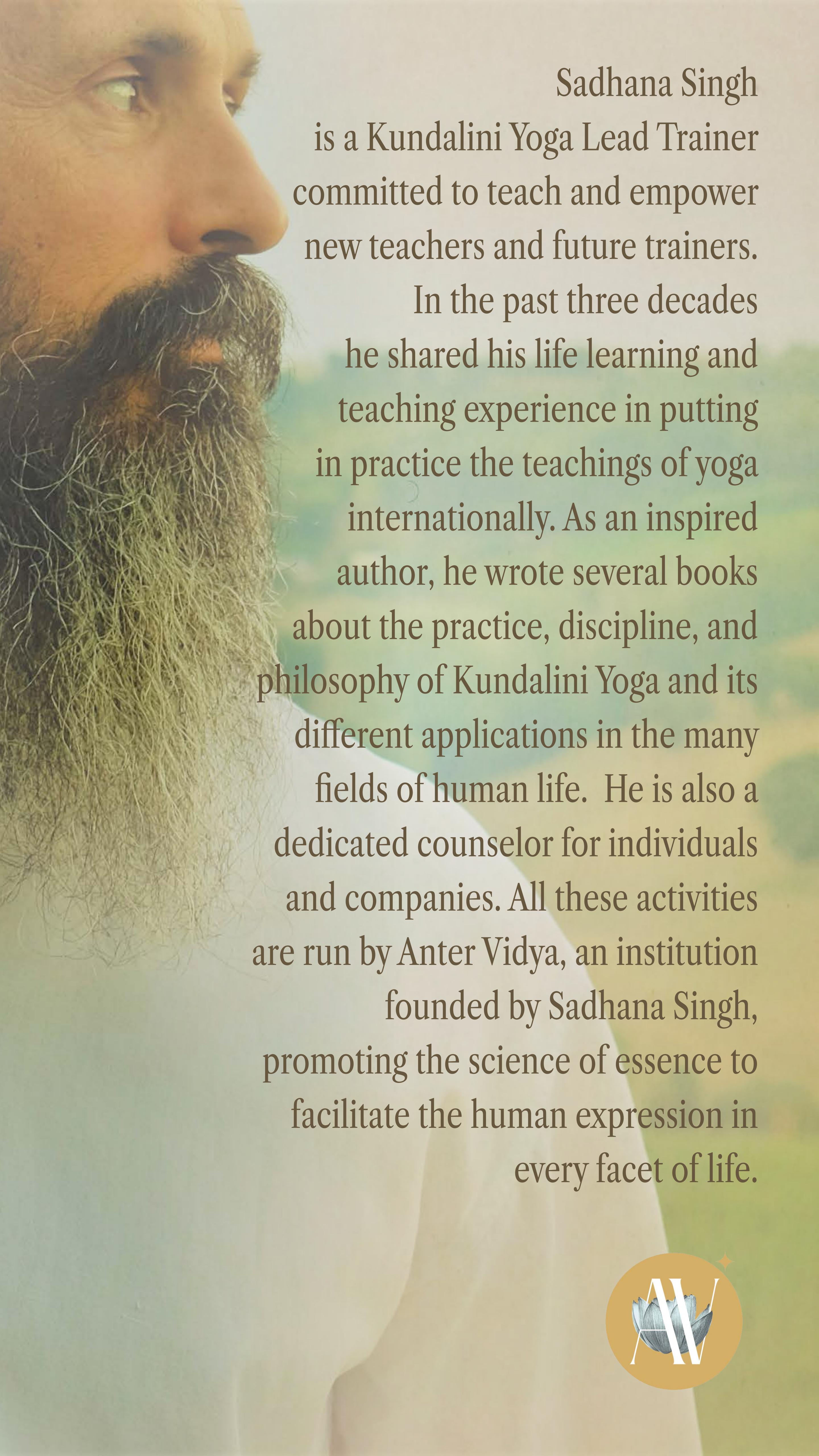
THE SCIENCE OF ESSENCE

MEMBERSHIP

Join the curated selection
of online Kundalini Yoga Workshops

A year of
Transformation
with Sadhana Singh.
Wherever You Are,
Anytime.





Sadhana Singh
is a Kundalini Yoga Lead Trainer
committed to teach and empower
new teachers and future trainers.

In the past three decades
he shared his life learning and
teaching experience in putting
in practice the teachings of yoga
internationally. As an inspired
author, he wrote several books
about the practice, discipline, and
philosophy of Kundalini Yoga and its
different applications in the many
fields of human life. He is also a
dedicated counselor for individuals
and companies. All these activities
are run by Anter Vidya, an institution
founded by Sadhana Singh,
promoting the science of essence to
facilitate the human expression in
every facet of life.



PROGRAMS

Teachings and their technology although widely available, need to be contextualized and delivered in an understandable way, for the uniqueness of the audience and with an immediate efficiency of the result.

To be able to convey the teachings as a proper tool to seed the future expression, well-being and prosperity of those who receive them, they need to be learned as a science and taught as an art.

The workshops we are proposing are crafted applying all the above care and devotional attentions.

They are rich of:

- 👁️ insights
- 🔥 motivations
- 📚 knowledge methodology
- ⚙️ technology
- ↗️ simple attitudinal approaches





INDEX OF WORKSHOPS



FOUNDATION

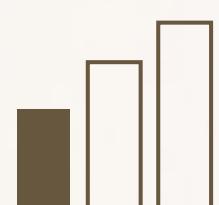
Understand what the problem is	<i>2 lessons</i>
Clarity of individual Identity	<i>2 lessons</i>
Be ready for a new Start	<i>3 lessons</i>
Explore the Teachings	<i>6 lessons</i>
Faculties and distraction of a human being	<i>3 lessons</i>
Applied Yogi's Consciousness	<i>9 lessons</i>
Conscious Health	<i>3 lessons</i>
Integrate the Teachings into your Life	<i>8 lessons</i>
Relationship is a matter of rhythm	<i>2 lessons</i>
Self Counseling	<i>1 lesson</i>
The Conscious Effort of a Successful Leader	<i>1 lesson</i>
Evaporate the Limitations of the Ego	<i>1 lesson</i>
Spiritual Crises	<i>1 lesson</i>

TRANSFORMATION

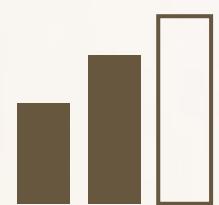
Self Healing	<i>1 lesson</i>
Equidistant from Everything (3 day course)	<i>1 lesson</i>
Evoke space of trust	<i>1 lesson</i>
Dysfunctionality	<i>1 lesson</i>
Create inner space	<i>1 lesson</i>
Challenge on Dysfunctionality	<i>1 lesson</i>
Solstice/Equinox 2021/23	<i>9 lessons</i>
Applied Leadership	<i>8 lessons</i>
Leadership evening class	<i>2 lessons</i>
Annual Gathering 1/2/3 (3 day course)	<i>3 lessons</i>



PRACTICE FOR ALL LEVELS



Students and new comers can find deep experience, clear understanding and guiding lectures to distract from blockages and express the inner intention to be.



More advanced students can clarify themselves with nature, purpose and tools of the kundalini yoga, how they function and can do what they do, smoother their relationship not just with themselves but with the essence of the yoga they practice.



Teachers and trainers they can be surprised how much is still there to know and experience, a lot of different but spared bits of knowledge can come together making more sense of the whole. They can also find fantastic material, prepared classes and workshops ready to teach in their regular classes or intensives, of an higher quality.



Those who might have already followed these workshop, can have a chance to have them handy, and re-experience them. It's never the same.

GREAT VALUE affordable price



Practice with **Sadhana Singh**, renowned international Lead Trainer from Italy, with over **30+ years of experience**.



On all devices: phone, tablet, web and offline.

LESSONS PACKAGE

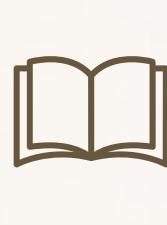
FOUNDATION



147 *class hours*



42 *workshops*
(ENG/ITA)



13 *programs*

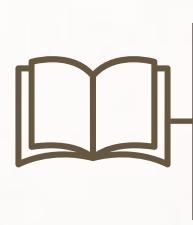
TRANSFORMATION



117 *class hours*



24 *workshops* + **4** *courses*
(ENG/ITA)



10 *programs*

PLANS FOR INDIVIDUAL PACKAGE

VIDEO

yearly subscription - one time payment

180 €

+ taxes 22%

- ✓ Monthly videos with meditation by Sadhana Singh

WORKSHOPS

yearly subscription - one time payment

255 €

+ taxes 22%

- ✓ Access to workshops - choose Foundation or Transformation package

ALL INCLUSIVE

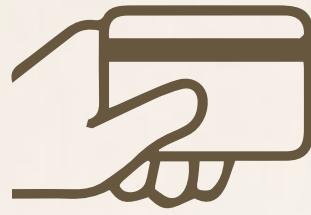
yearly subscription - one time payment

380 €

+ taxes 22%

- ✓ Access to workshops - choose Foundation or Transformation package
- +
- ✓ 10% discount on workshops
- +
- ✓ Monthly videos

HOW TO JOIN



WIRE-TRANSFER

Holder name: Anter Vidya srls

Iban: I T 0 3 Y 0 5 3 8 7 0 3 2 0 6 0 0 0 0 4 7 4 9 3 0 1 5

BIC/SWIFT: BPMOIT22XXX

Bank: BPER Banca

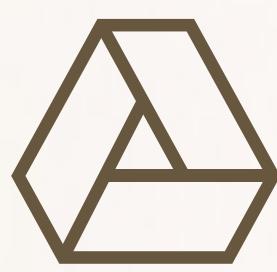
or



antervidya@gmail.com



Send the receipt and your account information to:
antervidya@gmail.com



After payment verification
a 1 calendar year google drive access link
will be provided (from Jan to Jan)



CONTACT US

antervidya@gmail.com - www.sadhanasingh.org