



# MEMBERSHIP

Join the curated selection  
of online Kundalini Yoga Workshops

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





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.





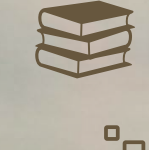


Sadhana Singh is a Kundalini Yoga Lead Trainer committed to teach and empower new teachers and future trainers. In the past three decades he shared his life learning and teaching experience in putting in practice the teachings of yoga internationally. As an inspired author, he wrote several books about 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

The workshops are all on specific topics of human requirement to be completely able to fully live life in giving and receiving, in freedom and love, to leave a legacy for a future of constant rising of the spirit.

They are rich of:

-  *insights*
-  *motivations*
-  *knowledge methodology*
-  *technology*
-  *simple attitudinal approaches*

## INDEX OF WORKSHOPS

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

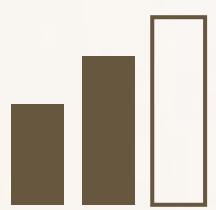




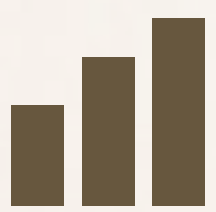
## PRACTICE FOR ALL LEVELS



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.



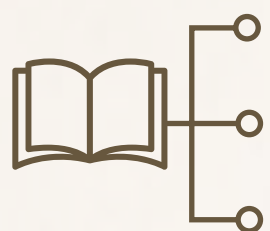
GREAT VALUE  
affordable price



**147** class hours



**42** workshops (ENG/ITA)



**13** programs



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



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

REAL VALUE 1.200€

EARLY BIRD OFFER

**BASIC**

one time payment

**255** €

VAT not included

✓ Access to 42 workshops

AFTER 28<sup>TH</sup> NOV: 300€

EARLY BIRD OFFER

**MEDIUM**

one time payment

**300** €

VAT not included

✓ Access to 42 workshops

+

✓ 10% discount on Sadhana Singh/  
Antervidya workshops

AFTER 28<sup>TH</sup> NOV: 350€

EARLY BIRD OFFER

**PRO**

one time payment

**380** €

VAT not included

✓ Access to 42 workshops

+

✓ 10% discount on Sadhana Singh/  
Antervidya workshops

+

✓ A monthly video from Sadhana  
Singh for 12 months

AFTER 28<sup>TH</sup> NOV: 450€

## 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

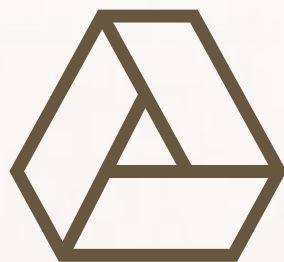
or



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)

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**IMPORTANT!**  
**EARLY BIRD RATES END ON 28<sup>TH</sup> NOV**

**CONTACT US**

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