

21 Stages of Meditation with Sadhana Singh, October 2025 – June 2026

Annual online course of Sadhana Singh in which we will explore the 21 Stages of Meditation in nine meetings. The 21 Stages of Meditation will give us the tools and experience to deepen our meditative practice and come to a profound understanding of our Self.

THE 21 STAGES OF MEDITATION
A Journey to The Self
Kundalini Yoga as Taught by Yogi Bhajan

In this program, we will engage in three separate journeys. Each journey consists of seven stages, taking you step-by-step into a deeper level of awakening and realization. We will move through the basic skills of meditation to deeper levels of awareness and integration, and finally into identity, projection, and merger in the infinite pulse of the creation.

Teacher: SADHANA SINGH

21 Stages of Meditation program in Kundalini Yoga as taught by Yogi Bhajan is licensed by KRI, and contributes to level 3 certification as part of The Aquarian Teacher Training

Dates of the course:

2025: October 25, November 22, December 20

2026: January 17, February 28, March 21, April 11, May 9, June 6

Note: All meetings will be held online, the first (October 25 2025) and the last (June 6 2026) will be conducted in a hybrid mode, both online and in person at Sebomai (Magliano Sabina – Ri, Italy). In addition, in the days following these two hybrid meetings — October 26 2025 and June 7 2026 — there will be an intensive one-day workshop, also both in person at Sebomai and online.