

# The Science of Essence for Self-realization and Self-expression

## International Training

September 2025 - June 2026

Two residentials in Italy, one online meeting and  
one module on Khoob platform

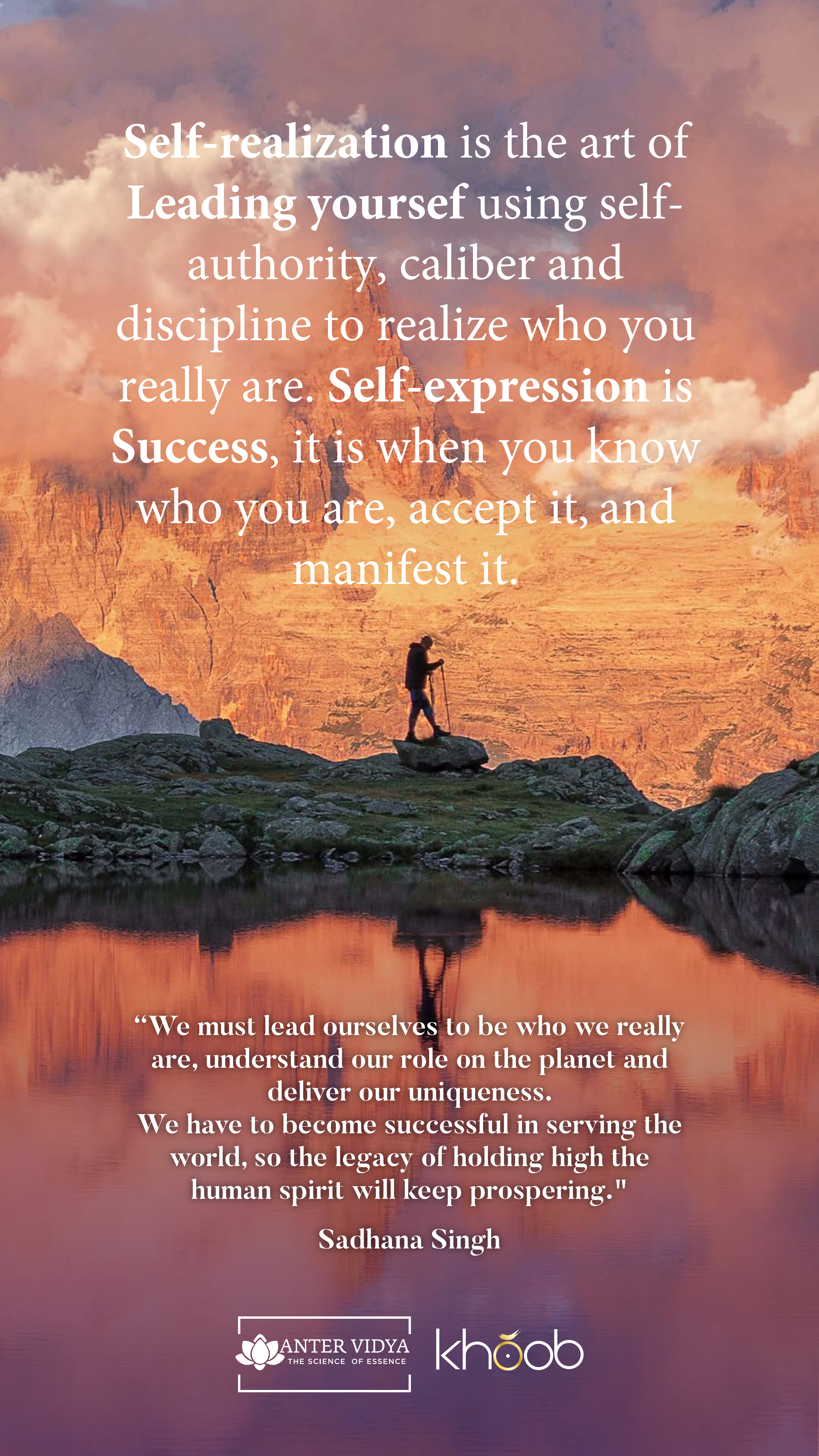
Lead Trainer  
**SADHANA SINGH**



**SPECIALTY COURSE  
APPROVED BY KRI**

The aim of the training is to deliver the content in a tailored-made way for the group and the actual circumstances in order to serve with efficiency the uniqueness of the participants.

**OPEN TO ALL**



**Self-realization** is the art of **Leading yoursef** using self-authority, caliber and discipline to realize who you really are. **Self-expression** is **Success**, it is when you know who you are, accept it, and manifest it.

**“We must lead ourselves to be who we really are, understand our role on the planet and deliver our uniqueness.**

**We have to become successful in serving the world, so the legacy of holding high the human spirit will keep prospering.”**

**Sadhana Singh**



khōob



khōob

# The Science of Essence for Self-realization and Self-expression

## DATES:

30 September - 5 October 2025 retreat in Italy

any time from October 2025 to March 2026 access to a module on Khoob platform\*

13-15 March 2026 online meeting

16-21 June 2026 retreat in Italy

\* Khoob is a self-studying online platform available at [www.khoob-training.com](http://www.khoob-training.com)

Our intention is to apply the teachings in a practical experience that it can create an elevating memory in the participants. We will use the possibilities that the environments of our retreats offer to combine didactic, yoga and meditations with experiential adventures. We aim to contribute to restoring the intrinsic balance between human and the planet, and reestablish this everlasting successful partnership.

## PAYMENT

### Tuition

- **EARLY: € 2.350 +VAT**

(€ 500 non-refundable by 15.04.2025 and the rest at the start)

- **REGULAR: € 2.550 + VAT**

(€ 500 non-refundable by 15.07.2025 and the rest at the start)

**Accommodation\* & food: € 950**

(two times 5 nights, full board) \* shared rooms 4 to 6 persons

After successful completion of this KRI Specialty Training, you will receive the certificate.

FOR INFORMATION AND TO RESERVE YOUR PLACE, KINDLY WRITE TO: [ANTERVIDYA@GMAIL.COM](mailto:ANTERVIDYA@GMAIL.COM)