



“
*Shivanga is a possibility to
become an embodiment of Shiva
– The Source of Creation.*

Sadhguru

Shivanga is an intense sadhana designed to explore higher levels of experience in body, mind, and energy.

The Shivanga Sadhana includes a daily offering of *Shiva Namaskar* and a powerful chant, which will enhance one's receptivity to the grace of Adiyogi. Spanning 42, 21, 14, or 7 days, the sadhana culminates with an offering at Dhyanalinga and a pilgrimage to the Velliangiri Mountains, known as the Kailash of the South.

Uttarayana is a time that is recognized as highly conducive for receiving grace. Doing the Shivanga Sadhana during this period, especially around Mahashivaratri, can set your spiritual growth on fast-forward.





Key Components of Shivanga Sadhana

- 🧘 Initiation into a powerful sadhana
- 🧘 Learning the sacred Shiva Namaskar Yogic process
- 🧘 Pilgrimage to the Velliangiri Mountains

Sadhana Details

Open only for gents

Eligibility: 8 years and above

Duration of Sadhana: 42, 21, 14 or 7 days

Initiation:

(Available Online
and In Person)

Every day from

25 January – 25 May
2024

Culmination & Yatra:

(Available only
In Person)

Every day from

2 March – 31 May
2024



The Seventh Hill, Velliangiri Mountains



Expressions from Shivanga Sadhakas

"Life has changed a lot now, and it has improved tremendously. I have experientially started seeing that Shiva is everywhere. In my experience, everything is Shiva, only Shiva." –Lakshmi Narayanan, Chennai

"I was too excited to go to Velliangiri. It is not just trekking, it is like going to meet the divine. You just have to be there once in a lifetime. Once you go, you will know!" –Praveen, Mumbai



83000 83111
info@shivanga.org
shivanga.co/br

"Velliangiri was graced by Shiva himself. Many great yogis, siddhas, and above all, my Divine Guru enshrined their sacred knowledge in these peaks. One who allows this cascade of Grace to descend upon oneself will anyway be washed to the shore of the Beyond."

Sadhguru