

“Even a little practice of meditation will free one from dire fears and colossal sufferings.” Paramhansa Yogananda

SADHANA TRACKING SHEET – Sadhana is Sanskrit for “Daily Spiritual Practice” In whatever forms they take.

Over the next week and for the duration of our classes, please keep track of your Daily Practice and please bring this back to class with you.

	Energization Exercises	Yoga Postures	Prayer	Chant	Hong Sau mantra	Silence	Healing Prayers	Affirmations	Other Practices
Monday AM									
Monday PM									
Tuesday AM									
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