

1008 Days of Sadhana

Starting: Thursday, 08/19/2021

Ending: Sunday, 11/23/2025



Your Name:

Sadhana Offering #1

PICK ANY DAY OF THE WEEK



Please pick any one day of the week that works for you. Write "Sunday" or "Monday" as an example below. So you can follow it every week.

NOTE: Please do this every week starting from 8/19/2021 to 11/23/2025

Mandatory Activities: 21 AUMS / 9 SAMASTHA LOKA

- Activity 1 : Pick one sadhana activity [_____]
- Activity 2 : Pick one sadhana activity [_____]
- Activity 3 : Pick one sadhana activity [_____]
- Activity 4 : Pick one sadhana (follow this for only 2 weeks of a month) [_____]



For more information, please contact us >>>

Note: Please print this document with your information and post it in a visible place where it serves as a reminder.

Sadhana Activities

- > 108 Sai Gayatri
- > 108 Gayatri
- > 108 Aum Sri Sai Ram
- > 108 Ashthotram
- > Rudram Chanting
- > Tapovanam Reading
- > SSS / Vahini Reading
- > Namalikitha (Writing Names)
- > Sravanam (Listening)
- > Bhajans
- > Service Activity
- > Study Circle
- > Silence
- > Meditation
- > Pick Your Own Sadhana

www.sssgc-usa.org/1008sadhana