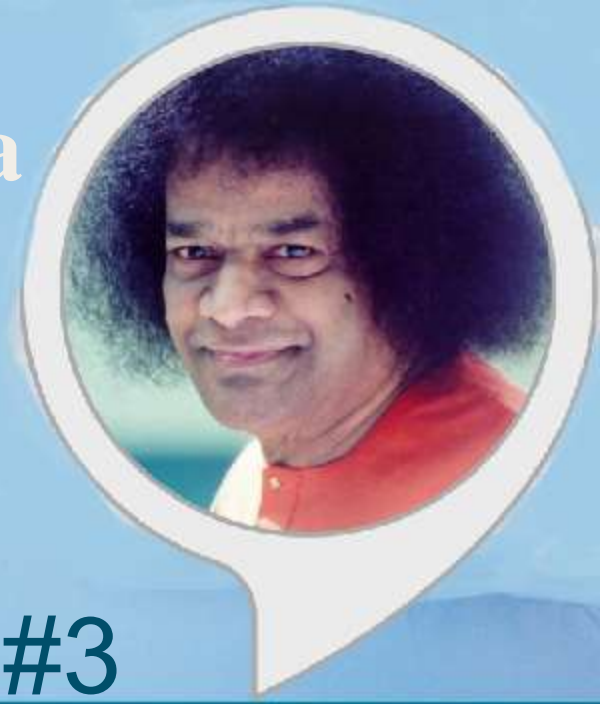


# 1008 Days of Sadhana

Starting: Thursday, 08/19/2021

Ending: Sunday, 11/23/2025



Your Name:

## Sadhana Offering #3

### PICK ANY 3 DAYS IN A WEEK



Please pick any 3 days of the week that works for you. Write "Sun, Mon, Tue" 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 3 : 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](http://www.sssgc-usa.org/1008sadhana)