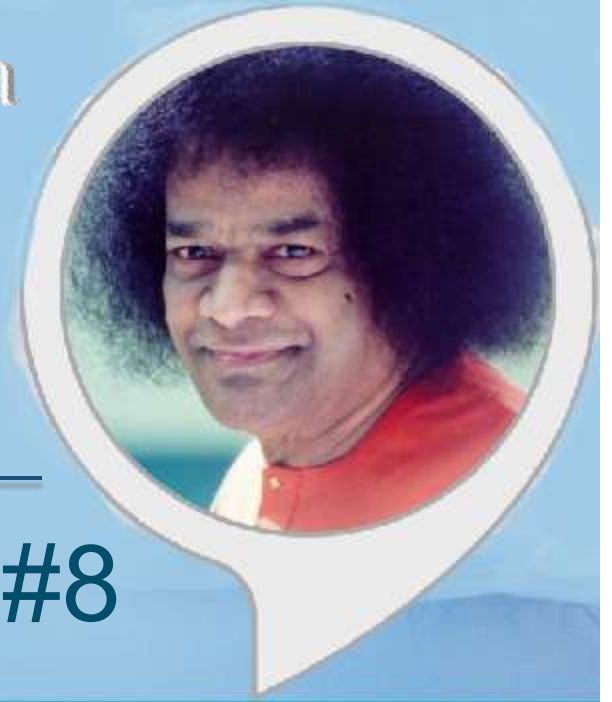


1008 Days of Sadhana

Starting: Thursday, 08/19/2021

Ending: Sunday, 11/23/2025



Your Name: _____

Sadhana Offering #8 (SSE ONLY)

PICK ANY 1 DAY IN A WEEK



Please pick any 1 day of the week that works for your child. Write "Sun" or "Mon" as an example below. So, you can follow it every week.

WRITE YOUR DAY HERE: _____

NOTE: Follow the below every **week** starting from 8/19/2021 to 11/23/2025

Mandatory Activities: 3 AUMS / 3 SAMASTHA LOKA

➤ Activity 1 : Pick one sadhana activity [_____]

(Suggested for SSE Grp 1. SSE Grp 2 / 3 / 4 can pick this offering or other regular sadhana offerings)

Sadhana Activities

- 9 Sai Gayatri
- 9 Gayatri
- 9 Aum Sri Sai Ram
- Rudram Chanting
- Sravanam (Listening)
- Bhajans
- Service Activity
- 3 Minutes Silence Sitting
- 3 Minutes Meditation



For more information, please contact us ▶ ▶ ▶

www.sssgc-usa.org/1008sadhana

Note: Please print this document and write your information and paste it anywhere that reminds you daily.