



Your daily Sadhana (Daily practice)

Sat Kriya for 40 days

This is a great opportunity to do something for yourSelf that will create a positive transformation physically, emotionally, mentally and spiritually. The commitment to showing up every day sets you up for victory - having the ability to navigate through Life with more ease and confidence while clearing the busy mind and realizing that **everything you need is within you already.**

This is the great power of Kundalini Yoga and the dedication to your wellbeing.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Day 31	Day 32	Day 33	Day 34	Day 35	Day 36	Day 37	Day 38	Day 39	Day 40

--	--	--	--	--	--	--	--	--	--

- **Sat Kriya for 3 minutes**
- **Sat Kriya for 5 minutes**
- **Sat Kriya for 7 minutes**
- **Sat Kriya for 11 minutes**