

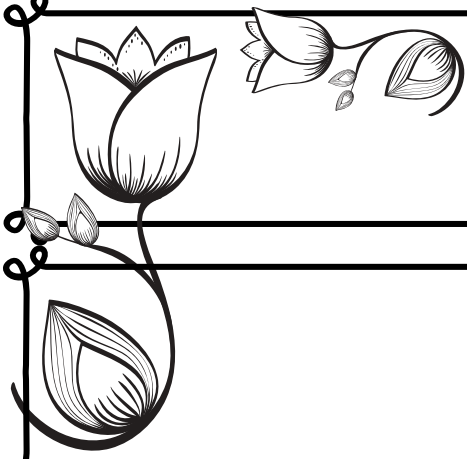


THE ART OF  
INTEGRAL BEING



# Sadhana Diary

**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**Sunday**

