

## SADHANA FOR THE WEEK

First and foremost be kind, gentle, and understanding, with yourself.  
Second, intentionally repeat the thought, “Yes! I *get to* meditate. What a treat!”

### DAILY MEDITATION ROUTINE

- 1 Sit. Find your Seat.
- 2 Invocation. Greet your Ishta.
- 4 Pranayama Sequence:
  - Gentle Resurrection Breath
  - 3 Three Part Breaths
  - 3 Breaths to Soften & Release
  - 3 Sipping Breaths
  - 3 Ujjayi Breaths
  - Rest and enjoy aftereffect.
- 7 Slip into Hong-Sau for just 3 minutes  
*Notice what wording helps you surrender to the breath.*
- 8 Rest and enjoy the aftereffect of your practice.
9. Closing Blessing of your choice.

### INVOCATION

- Find and become comfortable with “your translation” of the Invocation.
- Practice finding the feeling/sensation of the Invocation.
- Practice attuning to that feeling/sensation when you say it.