

# SEPTEMBER

27

*Mon* *Yom Kippur*  
Prann Adhaar to Block Negative Approach  
*I am Woman, p 82*

28

*Tue* Personality, Nerves & Perception

29

*Wed* Kumbag Yoga

30

*Thu* Exercise for Liver, Colon & Stomach

1 *October*

*Fri* Meditation to Heal a Broken Heart  
*I am Woman, p 82*

2

*Sat* Meditation for Self-Reliance  
*Relax & Renew, p 44*

3

*Sun* Meditation to Break the Mask  
*Aquarian Teacher Conscious Communication, Level 2*  
*or, <https://www.3ho.org/kundalini-yoga/meditation/featured-meditations/kundalini-meditation-breaking-mask>*

Hatha: Nada Shodahna/ Maha Bandh  
Bird of Paradise Seated/ Yoga Mudra

# OCTOBER

4

*Mon*

Kriya to Welcome Success & Expel  
Grief and Guilt

5

*Tue*

Make Your Mind Sensitive  
*Transformations, Vol 2, p 23*

6

*Wed*

To See Auras  
*Aquarian Teacher Training Manual, p 158*

7

*Thu*

Healing Addictions  
*Ravi Singh Training Manual, 2, p*

8

*Fri*

Instant Heart Opener  
*Transitions to a Heart Centered World, p. 52*

9

*Sat*

Withstand the Pressure of Time  
*I am Woman, p 101*

10

*Sun*

Meditation to Change Your Destiny  
*I am Woman p ~80*

Hatha: Nada Shodahna/ Maha Bandh  
Floating Lotus/ Bat

# OCTOBER

11

*Mon* Reverse Adi Shakti Kriya  
*Transformations, p 54*

12

*Tue* Self-Hypnosis to Develop Intuition  
*Transformations, p 25*

13

*Wed* Zero Projection Meditation  
*Ravi Singh Training Manual 4, p 221*

14

*Thu* Meditation for Habituation  
*Transformations, p138*

15

*Fri* Kriya for Self-Healing  
<https://www.3ho.org/3ho-lifestyle/health-and-healing/kriya-healing-self-0>

16

*Sat* Neutralize Tension  
*I Am Woman, p 176*

17

*Sun* The Entrepreneur  
*The Mind, p 175*

# OCTOBER

18

**Mon** Spiritual Healing—Power to the Hands  
*Relax & Renew, p 80*

19

**Tue** Meditation on the 5th Chakra  
*I am Woman*

20

**Wed** Chow Pad Arti Pranayama  
*Ravi Singh Training Manual 4, p 184*

21

**Thu** For Elimination  
*Relax & Renew, p 71*

22

**Fri** Love is Love  
*Transformations, p 58*

23

**Sat** Release Inner Anger  
<https://www.3ho.org/kundalini-yoga/kriya/featured-kriyas/kundalini-yoga-relieve-inner-anger>

24

**Sun** Raise Kundalini in Quick Order  
*Relax & Renew, p 76*

Hatha: Nada Shodahna/ Maha Bandh  
Swastikan/ Happy Baby

# OCTOBER

25

Hari Shabd Meditation

**Mon** *Transitions to a Heart Centered World, p 139*

26

Sphinx Kriya; The Pathfinder

**Tue** *The Mind, p 187*

27

Sat Kriya Through the Chakras

**Wed** *Ravi Singh Manual 4, p 136*

28

**Thu** Clean Lymph & Adjust Lower Back  
*Relax & Renew*

29

Tershula Kriya

**Fri** *The Mind, p 190*

30

Trea Kriya

**Sat** *Transitions to a Heart Centered World, p 131*

31

**Sambein**

**Sun** Ringing the Bells of Heaven  
*Ravi Singh manual 2*

Hatha: Nada Shodahna/ Maha Bandh  
Standing Splits/ Sugarcane