

SEPTEMBER

30 *August*

Mon Balance Circumvent Force
& Recharge Divine Shell

31
Balancing the 3rd & 5th

Tue *Transformations, Vol. 2, p 65*

1
Tattva Siddhi Meditation

Wed *Transitions to a Heart Centered World, p 160*

2
Thu Meditation to Maintain the
Body Without Eating
The Survival Kit, p17

3
Fri Meditations # 5 & 6
Transitions to a Heart Centered World, p 127

4
Sat Meditation to See & Feel
Your energy Body
The Survival Kit, p 65

5
Sun Wake Up Series
Relax & Renew, p 19

Hatha: Sitali/ Jalandhar Bandh
Frog/ Frog

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6

Mon Chatchya Kriya to Feel Good & Happy
Rosh Hashana
Transitions to a Heart Centered World, p 136

7

Tue Sun Energy for Expansiveness
& a Clear Mind
Transitions to a Heart Centered World, p 34

8

Wed Me & God Are One
Transformations, Vol. 2, p 84

9

Thu Skull & Pelvic Bone Adjustment
Relax & Renew, p 30

10

Fri Healing Meditation for
Self and Others
Transitions to a Heart Centered World, p 53

11

Sat Ungali Pranayam
Relax & Renew, p 125

12

Sun Laya Yoga #4
Transitions to a Heart Centered World, p 115

Hatha: Sitali/ Jalandhar Bandh
Chaturanga/ Crow

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13
Mon Whistle Kriya
Transitions to a Heart Centered World, p 121

14
Tue Mental Levitation
Transitions to a Heart Centered World, p 121

15
Wed Magic Mantra Meditation
Yom Kippur
Transitions to a Heart Centered World, p 159

16
Thu Releasing Energy of the 7th Rib
Prana, Pranee, Pranayam, p 29

17
Fri Outer Projection—The Apostle
The Mind, p 167

18
Sat Laya Yoga #2
Transitions to a Heart Centered World, p 114

19
Sun Navel Adjustment
Transitions to a Heart Centered World, p 32

Hatha: Sitali/ Jalandhar bandh
Seated Neck Stretches/ Lateral Side Bends

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20

Mon

Heal, Console & Wash Away Negativity

Transitions to a Heart Centered World, p 137

21

Tue

Meditation for Awareness

Transformations, Vol. 2, p 94

22

Wed

Renew Rhythms

Autumnal Equinox

Transformations, Vol. 2, p 135

23

Thu

Spinal Set with Spinal Twist

Relax & Renew, p 35

24

Fri

Heart Shield Meditation

Transitions to a Heart Centered World, p 125

25

Sat

Ten Bodies

<https://www.3ho.org/kundalini-yoga/ten-bodies/kriya-awakening-your-ten-bodies>

26

Sun

Totally recharge You

I Am Woman, p 63

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27

Prann Adhaar to Block Negative Approach

Mon

Transitions to a Heart Centered World, p 138

28

Personality, Nerves & Perception

Tue

Relax & Renew, p 52

29

Kumbakha Yoga

Wed

Inhale 5; Hold 5; Exhale 10

30

Exercise for Liver, Colon & Stomach

Thu

1

October

Fri

Meditation to Heal a Broken Heart

2

Sat

Meditation for Self-Reliance

3

Sun

Meditation to Break the Mask

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