



It's time to order your next couple of texts:

Spiritual Science of Kriya Yoga by Goswami Kriyananda

Please read: Introduction, Chapters 1 & 2,

When Things Fall Apart by Pema Chodron

Please read: Introduction

Please choose one of the following autobiographies to read during the summer break.

Freedom in Exile by the Dalai Lama

Autobiography of a Yogi by Paramahansa Yogananda. *The one with the blue cover.*

10% Happier by Dan Harris

Surrender Experiment: My journey into Life's Perfection by Michael Singer

Guide someone through: Three Part Breath.

make notes on the experience and text me a pic of your notes.

MEDITATE AS OFTEN AS YOU CAN.

- ISHTA
- HONG-SAU
- PRANAYAMAS
- TRACK YOUR MEDITATION AND PRANAYAMA IN YOUR MEDITATION LOG

WE RESUME ON JULY 10. SEE YOU THEN!