Month:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Meditation																															
1 1/2 hours																															
Quality of Med																															
Kriya 2x/day																															
Energization																															
Maha Mudra																															
Hong Sau																															
AUM Tech.																															
Seclusion																															
Sleep																															
Yoga Postures																															
Chanting																															
Exercise																															
Diet Control																															
Other																															