

# KUNDALINI YOGA WEEKLY MEDITATION CHART

Week of: Intention:

<b>DAY</b>	<b>KRIYA / MEDITATION NAME</b>	<b>DURATION</b>	<b>COMPLETED</b>
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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

REFLECTIONS & OBSERVATIONS (PHYSICAL, MENTAL, EMOTIONAL)

"Travel light, live light, spread the light, be the light."