

GET REAL



TRIGUNA

ZENTRUM

# MORNING SADHANA

Monday – Friday: 05:00 – 07:00

"Sadhana means a practice of self-discipline that allows one to express the Infinite within one's self. It is a time each day to notice the patterns that lead away from higher consciousness and to transcend those patterns.

Sadhana is a conscious activity. We consciously choose to rise up, to exercise the body, and to meditate. Each day is different. Each day, we are different. Every 72 hours all the cells of the body totally change. Sickness comes and goes. Motivation waxes and wanes, but through all the flux of life, through all the variations of the mind and heart, we consciously choose to maintain a constant and regular practice"

- Yogi Bhajan

### Sadhana Schedule

05:00 – 06:00: Kundalini Yoga Kriya

06:00 – 07:00: The Aquarian Sadhana Mantra Meditations for 62 minutes.

**Where:** Triguna Yoga Zentrum  
Tschaikowskistr, 13  
Multiraum XL  
13156 Berlin-Pankow

**When:** Monday to Friday: 05:00 - 07:00

**Cost:** Donations welcome

**Information:** [info@psychochirology.com](mailto:info@psychochirology.com)




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