

Suggested Personal or Group Satsang Activities to Complement Your Returnee Workshop

These are suggested activities that you can use to develop your own schedule, based on how much time you have and when the online workshop will be taking place in your time zone.

A sample half-day schedule could be:

- Meditation (30 minutes)
- Workshop (75 minutes)
- Break (15 minutes)
- Mantram walk or mantram writing (30 minutes)
- Video of Easwaran (15 minutes)

Preparing For the Workshop (75 minutes)

Log in 10-15 minutes early, using the instructions in your reminder email. You'll need:

- The reading which was attached to your reminder emails
- A blank book for writing your notes and experiments in
- A pen and book to write your mantram in

What is a Mantram Walk?

As always, please be safe! Wear good walking shoes and look out for traffic or uneven surfaces.

While you walk at a brisk pace that is just right for your physical abilities, keep repeating your mantram silently in your mind. If the mind wanders off, just bring it back to the mantram.

How to Access an Easwaran Video?

- Find a video on the Easwaran Digital Library or Easwaran's YouTube

channel.

Meditation

- We suggest that you meditate for 30 minutes directly before or after the workshop, so you can benefit from the power of meditating with a worldwide group!