

MUKTANANDA® Dhyana Saptah

A SIDDHA MEDITATION® Event

PREPARATION EXERCISES

Here are some beneficial exercises to practice in the weeks leading up to the *Muktananda Dhyana Saptah*:

- Meditate daily for at least 30 minutes.
- Practice hatha yoga or do other exercises that support physical strength and flexibility so that you can sit comfortably for extended periods.
- Read the following chapters in Baba Muktananda's book *Play of Consciousness*,
 - "The Necessity of Meditation for Happiness in the World"
 - Chapter 1, (3rd and 4th edition)
 - Book one, Chapter 1, (4th edition 1994)
 - "Natural Samadhi"
 - Chapter 41 (3rd edition)
 - Book two, Chapter 7 (4th edition 1994)