



01.

SADHANA MEANS DAILY SPIRITUAL PRACTICE.

02.

SADHANA IS USED BY YOGIS AND YOGINIS IN THE CONTEXT OF THEIR YOGIC PRACTICE.

03.

WHEN WE DO SADHANA, WE ARE TAKING A STEP TO CREATE THE LIFE WE WANT.

04.

SADHANA CAN BE A COMMITMENT TO WAKE UP BEFORE THE SUN EACH MORNING.

05.

SADHANA MEANS ESTABLISHING AN ONGOING PERSONAL RELATIONSHIP WITH SPIRITUAL TRUTH.

KEY POINTS OF SADHANA

Sadhana In Our Daily Lives A Handbook For The Awakening Of The Spiritual Self

Xiang Xie



Sadhana In Our Daily Lives A Handbook For The Awakening Of The Spiritual Self:

Sadhana in Our Daily Lives John Ernst,1981 Yoga Journal ,1982-02 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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Subject Catalog Library of Congress,1982 **Subject Catalog, 1982** Library of Congress,1982 **The Publishers Weekly** ,1982 **Books in Print** ,1987 **Religious Books and Serials in Print** ,1982

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