



THE DIVINE LIFE SOCIETY AUSTRALIA

Welcomes Everyone to our

Sadhana Day Program

Date: September 24th 2016

Time: 10.00am - 4.00pm

Venue: Strathfield Girls High School
Albert Road Strathfield
(Oxford Rd Entrance)

10.00am - 10.15am	Introduction and Prayers
10.15am - 10.50am	Vedic Chanting - Swami Radhikanandaji
10.50am - 11.00am	Break
11.00am - 12.00pm	Talk by Swami Sunisthanandaji from Vedanta Centre on 'Efficacy of Japa'
12.00pm - 12.30pm	Q & A Swami Sunisthanandaji
12.30pm - 1.30pm	Lunch - Light lunch will be provided (Registration required)
1.30pm - 1.45pm	Yoga Nidra
1.45pm - 2.00pm	Maha Mantra chanting
2.00pm - 3.00pm	Group Discussion on HH Swami Chidanandaji Maharaj from one of his books
3.00pm - 3.15pm	Tea Break
3.15pm - 3.30pm	Quiz - Swami Radhikanandaji
3.30pm - 3.45pm	Exercise in Introspection & Concentration.
3.45pm - 4.00pm	Meditation & Conclusion