



40 Day Personal Sadhana for Student-Teachers
Kundalini Yoga as taught by Yogi Bhajan®
Level 1

Program Team Approval

Legal Name (Last, First)

Spiritual Name

City, State, Country

Kriya or Meditation Name

Length of Time

Manual Name

Page No

Explain the benefits of this kriya meditation as listed in the manual:

Explain your intention for and expectations from doing this Personal Sadhana:

Day 1	<input type="text"/>	Day 11	<input type="text"/>	Day 21	<input type="text"/>	Day 31	<input type="text"/>
Day 2	<input type="text"/>	Day 12	<input type="text"/>	Day 22	<input type="text"/>	Day 32	<input type="text"/>
Day 3	<input type="text"/>	Day 13	<input type="text"/>	Day 23	<input type="text"/>	Day 33	<input type="text"/>
Day 4	<input type="text"/>	Day 14	<input type="text"/>	Day 24	<input type="text"/>	Day 34	<input type="text"/>
Day 5	<input type="text"/>	Day 15	<input type="text"/>	Day 25	<input type="text"/>	Day 35	<input type="text"/>
Day 6	<input type="text"/>	Day 16	<input type="text"/>	Day 26	<input type="text"/>	Day 36	<input type="text"/>
Day 7	<input type="text"/>	Day 17	<input type="text"/>	Day 27	<input type="text"/>	Day 37	<input type="text"/>
Day 8	<input type="text"/>	Day 18	<input type="text"/>	Day 28	<input type="text"/>	Day 38	<input type="text"/>
Day 9	<input type="text"/>	Day 19	<input type="text"/>	Day 29	<input type="text"/>	Day 39	<input type="text"/>
Day 10	<input type="text"/>	Day 20	<input type="text"/>	Day 30	<input type="text"/>	Day 40	<input type="text"/>