|                           | Daily Practice   |  |  |  |          |  |  |
|---------------------------|--|--|--|--|----------|--|--|
| Fromto                    | Monday   | Tuesday  | Wed. day   | Thursday   | Friday   | Sarurday   | Sunday   |
| Waking up                 |  |  |  |  |          |  |  |
| Wearing your shoes        |  |  |  |  |          |  |  |
| Folding your blanket      |  |  |  |  |          | . 3/1 . 3/1 m  |  |
| Opening the door          |  |  | Section 2  |  |          |  | N. A. S.   |
| Going to WC               |  |  | CAR (SCIN)   |  |          |  | 196  |
| Deficating -              |  | o do you died  | Pro Artistania   |  |          | and the state of   | n A  |
| Washing your hands        |  |  |  |  |          | 10 g 8 1   |  |
| Brushing your teeth       | - Control Pale   |  |  |  |          | The state of   |  |
| Washing your face         | Pre-production   |  |  | e de constitue de  |          | 14   | 7 λ  |
| Looking in the mirror     |  |  |  |  |          |  |  |
| Changing your clothes     |  | -  |  |  |          | The Mark.  |  |
| Listening to the bell     |  |  | The state of the s |  | -        |  | 12 ( )   |
| Going to the Med. hall    |  |  | and state (see   |  |          |  |  |
| Stepping into Med. hall   | p. Pro-imagino   |  | and the same of th |  |          |  |  |
| Sitting on your cushion   | Sulfation con-   | The same   | CONTRACTOR OF THE PERSON   |  |          |  |  |
| Adjusting your posture    |  |  | Tables was   | PORTION AND ADDRESS OF THE PARTY AND ADDRESS O |          |  |  |
| Returning to your room    | and other  |  |  |  |          |  |  |
| Going to dining hall      |  |  |  |  |          |  |  |
| Drinking •                | -  | Constant of the Constant of th |  |  |          |  |  |
| Waiting in line }         | oct operations.  | ni-profession  |  |  |          |  | 1  |
| Getting your bowl         | and the second second  | an serggen   | 9  |  |          | Digital  | 1  |
| Serving food              | - Control of the Cont |  |  |  |          |  |  |
| 5 contemplations          |  |  |  |  |          |  |  |
| Eating the first 4 spoons |  |  |  |  |          | 3.1  |  |
| Washing your dishes       |  |  |  |  |          |  | #/ 1   |
| Urinating ‡               |  |  |  |  |          | - C 80   | To see   |
| Taking a shower           |  |  |  |  |          |  | 1  |
| Bowing/ greeting          |  |  |  |  |          |  | 10 T 10 T  |
| Switch on computer        |  | -  |  |  |          |  |  |
| Working meditation        |  |  |  |  |          |  | 1  |
| Answering the telephone   |  |  |  |  |          |  | +  |
| Making a phone call       |  |  |  |  |          | 7  |  |
| Turing on the light       |  |  |  |  |          |  |  |
| Turning off the light     |  |  |  |  |          |  |  |
| Starting the car;         |  |  |  |  |          |  |  |
|                           |  |  |  |  |          |  |  |
| Opening a notebook        |  |  |  |  | A. A.    |  | 100  |
| Relaxing &                |  |  |  |  |          | 382  |  |
| Listening deeply          |  |  |  |  | - HE 474 |  | 100/2  |
| Shaving your head         |  |  |  |  |          | La Contraction   |  |
|                           |  |  |  |  |          |  |  |
| Being on time             | T  |  |  |  |          |  |  |
| Going to bed ;            |  |  |  | 12 3 5 1 1 N   |          |  |  |
|                           |  | THE CONTRACT OF THE PARTY OF TH |  | THE RESERVE OF THE PARTY OF THE |          | The state of the s | A STATE OF THE STA |