**Diario Espiritual**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Fechas: | Lun | Martes | Miércoles | Jueves | Vie | Sábado | Domingo |
| Se levantó de la cama (hora) |  |  |  |  |  |  |  |
| Calidad |  |  |  |  |  |  |  |
| Meditación matutina |  |  |  |  |  |  |  |
| Pranayama |  |  |  |  |  |  |  |
| Práctica āsana |  |  |  |  |  |  |  |
| Meditación de la tarde |  |  |  |  |  |  |  |
| Japa |  |  |  |  |  |  |  |
| Kirtan |  |  |  |  |  |  |  |
| Meditación vespertina |  |  |  |  |  |  |  |
| Svadhyaya/Estudio espiritual |  |  |  |  |  |  |  |
| Se fue a dormir (hora) |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

|  |
| --- |
| Objetivos semanales: |

Notas: