

A DAY IN PRACTICE

On waking	Guru sakásha · Utkésepa mudrá
Five in the morning	Páiñcajanya
Morning	Vyápaka shaoca · Prabhát Saṁgiita · Kiirtan · Meditation · Ásanas · Kaoshikii · Tándava
Before each meal	Vyápaka shaoca · Sentient food
Through the day	Yama and niyama · 15 shiilas · 39 social norms · Service
Evening	Vyápaka shaoca · Prabhát Saṁgiita · Kiirtan · Meditation · Ásanas · Kaoshikii · Tándava
Before sleep	Vyápaka shaoca
Once a week	Dharmacakra
Twice a month	Fasting

Monks and nuns meditate four times a day and fast four times a month: on both ekádashiis, the full moon and the new moon.

Ananda Marga