

## Satsang Half-Day Schedule

9:00 a.m.	Arrive, get settled, greet one another
9:30	15 minutes of mantram writing
9:45	30 minutes of <b>reading study A</b> from one of Easwaran's books
10:15	15 minutes of <b>video #1</b>
10:30	Break
10:45	30 minutes for a mantram walk (mantram art or writing optional)
11:15	30 minutes of <b>reading study B</b>
11:45	15 minutes for the second half of <b>video #1</b>
12:00 p.m.	Meditation
12:30	Lunch and clean-up (optional)

## Activities

1. **Reading study\*\***: Choose a book, like *The Bhagavad Gita for Daily Living*, Volume 1 or 2, or *Love Never Faileth*. Choose two readings (3 to 5 paragraphs long) that you find particularly helpful and practical.
2. Choose a video. *Note: You can use the Video Study Guides a starting point for the reading and video studies.*
3. Figure out a mantram walk about 20–25 minutes long.
4. Tell participants to bring the chosen book for the study, a mantram book and pen, and walking shoes. Ask them to bring a bag lunch or potluck dish if you're having lunch.

### **\*\*How to conduct a reading study**

Read through the entire selection out loud, inviting each person to read one paragraph at a time. Next, ask for someone to summarize the reading. Lastly, ask people to point out sections of the reading that give practical help. Discuss.