

# MANTRA JAPA LEVEL 1

## SUGGESTED SCHEDULE



AMRITA  
Virtual Academy

TIME	ACTIVITY
6.30 am	<b>Video 1</b> Lighting of the lamp. Mantra purification. Satsang: The power and importance of Mantra meditation. Mantra meditation with Japa Mala: first part.
9.00 am	<b>Breakfast</b> We recommend you to have breakfast at this time. Chant your mantra so you can remain connected with Amma.
9.45 am	<b>Video 2</b> Walking mantra meditation. Question & answer, first session.
11:00 am	<b>Refresh</b> Take a short break or a small refreshment.
11.15 am	<b>Video 3</b> Mantra meditation with Japa Mala: second part. Walking mantra meditation.
12.30 pm	<b>Contemplative lunch</b> We recommend you to have lunch at this time. Chant your mantra and eat in silence as much as possible.
1.30 pm	<b>Self practice</b>
3.00 pm	<b>Video 4</b> Question and answer, second session. Japa Mala Sadhana - recap session.
4.30 pm	<b>Chai time ; )</b>

If you have any question about your Mantra and this practice, please reach out to us at [sadhanaretreats@amritavirtualacademy.com](mailto:sadhanaretreats@amritavirtualacademy.com)