

# EXAMPLE DAILY SCHEDULE

Week of:

*Solo Tantra & Beyond Course*



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	morning affirmations while getting ready :)	silent meditation 20 minutes, Pranayama	5 minutes spine <b>yoga</b> , microcosmic orbit (3-4r), meditation 10 minutes	silent meditation 20 minutes	silent meditation 20 minutes, Pranayama	silent meditation 10 minutes Pranayama	walking meditation 10+ minutes in nature, Pranayama
Midday	PC Muscles Exercises 1-2 minutes	PC Muscles Exercises 1-2 minutes	PC Muscles Exercises 1-2 minutes. Neck, back, wrist simple stretches at desk- open up those energy channels	PC Muscles Exercises 1-2 minutes	PC Muscles Exercises 1-2 minutes	1 hr+ Tantra <b>yoga</b> asanas	Any Tantra <b>yoga</b> or yoga of choice
		-COURSE LESSONS-	-COURSE LESSONS-		-COURSE LESSONS-	PC Muscles	PC Muscles
Evening	bija meditation or chakra meditation, 5 minute silent meditation after	5 minute seated Tantra <b>yoga</b> , 1/2 hr yoga asana, 10 minute savasana	Blessed mantra chanting on commute home to music or Home. <b>Bate</b>	1 hr+ <b>yoga</b> asanas going up chakras	Videos 5 minute seated Tantra <b>yoga</b> spine & pelvic floor yoga. <b>Bate</b>	microcosmic orbit 3-4 rounds	<b>Bate</b>

## NOTES

This is what an average week looks like. **You can always do more.** Be mindful not to

push your body if too much for any week. Yoga is your choice of videos in course or YouTube playlist unless noted.

Full moon and New moon most schools of skip yoga asana practice.

Bate- (see lesson) It is self-pleasure or sex with goal of moving energy throughout entire body. With increasing energy rather than depleting. Healing physically and healing mentally any sexual shame from society thoughts of sex. Can be orgasm or just moving energy and holding back orgasm for later/creative. Men- focus on ejaculation and waves, Women- multi-orgasm and healing. Sex with a partner- make sure you communicate you are doing ejaculation (mastered alone already) or multiple-O's.

## TO DO

Follow the course lessons to substitute or add in new practices

Write in how you feel each day or after each practice. Emotion, physical,

or energetic experiences