

# AUGUST 2016

EXERCISE



COLLECTIVE  
SADHANA PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
	Swami says "Exercise is extolled in the West as a way to digest excess food and sublimate the sex drive." <i>Conversations with Sathya Sai Baba, p. 114.</i>				August 2016 Study Circle Focus "Swami's Teachings on Exercise" Sundays from 3 pm to 4 pm		Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: Get into the habit of doing a physical fitness activity for at least 30 minutes, at least 3 times a week e.g. yoga, walking, jogging.							
	8	9	10	11	12	13	14
	"Exercise in moderation. Food must be in the body for some time for the benefit of energy reserve. Too much exercise uses up the food energy before it can be added to the reserve. So there is no gain." <i>Conversations with Sathya Sai Baba, p. 114.</i>					SSE Orientation	Come to the Study Circle, 3 to 4 pm at the Center SSE Orientation at 3 PM. No SSE Classes
Sadhana for the Week: Go hiking with your entire family and have a picnic in a park – Georgia has many beautiful hiking trails.							
	15	16	17	18	19	20	21
	"Prisoners in Mexico were made to undergo yogic practices to rid them of their mental tension. In a short time the prisoners became normal. The prisoners not only made a total recovery, but gained great happiness due to the practice of Yoga." <i>Summer Showers in Brindavan, 1993.</i>					SSE Classes Begin	Come to the Study Circle, 3 to 4 pm at the Center First Day of SSE Classes
Sadhana for the Week: Pick up an inexpensive "Yoga for Dummies" video and start doing your own yoga asanas to improve your health and happiness.							
	22	23	24	25	26	27	28
	"Some people do not do any physical exercises and lead sedentary lives. My advise to office workers and students is that it is good for them to move about 5 to 6 km a day." <i>Sathya Sai Newsletter, Spring 1994, p. 4.</i>						Come to the Study Circle, 3 to 4 pm at the Center
Sadhana for the Week: If you have a desk job, take the time to move around every hour and go for a walk at lunchtime.							
	29	30	31				
	"The body becomes healthy by exercise and work; the mind becomes healthy by upasana (steady focusing on God) and namasmarana. All these done regularly, with well-planned discipline should be joyfully carried out." <i>Sathya Sai Speaks, Vol. III, Ch. 10, p. 54.</i>						
Sadhana for the Week: Spend some time with your family at the community pool or tennis courts and make it a fun-filled family event.						September 2016 Sadhana Focus will be "Date with Swami"	