



# MEDITATION TRACKER



A grid of 31 numbered circles arranged in a roughly circular pattern around a central illustration. The numbers are: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. The central illustration shows a woman with long black hair, wearing a pink long-sleeved shirt and green pants, sitting in a lotus position with her hands in a mudra. She is set against a dark blue, starry night sky background.

"Meditation is the journey from movement to stillness...  
from sound to silence" - Gurudev Sri Sri Ravi Shankar

Lakshmi