

tānpurā

antti toivi

2025

days:

(6:00-7:00	tānpurā in sleep)
7:00-8:00	meditation
8:00-9:00	food
9:00-10:00	meditation
10:00-11:00	tānpurā
11:00-12:00	study / meditation
12:00-14:00	food / work
14:00-15:00	meditation
15:00-16:00	tānpurā
16:00-17:00	meditation
17:00-19:00	food / work
19:00-20:00	tānpurā / meditation