

Prograna Workshop

CHECK LIST

PRINTED MANUAL

NOTEBOOK & PEN

A COMFORTABLE SPACE FOR YOU TO RECEIVE PROGRANA

MUSIC IF YOU PREFER TO RECEIVE WITH SOUND

SNACKS NEAR BY

A CLOCK OR WATCH (NO SMART WATCHES ON THE BODY)

CRYSTALS REMOVED FROM THE BODY

HEADPHONES (OPTIONAL)

STABLE INTERNET CONNECTION

CHARGER NEARBY FOR YOUR DEVICE (IF NEEDED)

