

Which Direction Is Good For Sleeping

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culture not to point your head towards the ... 5e92bf91fb What is the Best Direction and Position to Sleep In? - Sadhguru - What is the Best Direction and Position to Sleep In? - Sadhguru 6 minutes, 53 seconds - In this video, Sadhguru explains the reason why it is generally advised in the yogic culture not to point your head towards the ... 5e92bf91fb What Modern Science Says 5e92bf91fb The Simple Sleep Experiment to Try Tonight 5e92bf91fb Spherical Videos 5e92bf91fb Posture expert reveals the only two positions you should be sleeping in - Posture expert reveals the only two positions you should be sleeping in 33 seconds - A posture expert recommends only two **sleep**, positions for optimal spine support, and insists that you should never lay on your ... 5e92bf91fb Medical Review S1E21 : NEVER SLEEP TOWARDS NORTH OR ELSE... | Worst sleeping Position | Dr.Education - Medical Review S1E21 : NEVER SLEEP TOWARDS NORTH OR ELSE... | Worst sleeping Position | Dr.Education 3 minutes, 26 seconds - Explained in Simple language by a Professional Doctor !! KNOWLEDGE IS PREVENTION - Know the basics about the most ... 5e92bf91fb Don't Point Your Head North When Sleeping - Don't Point Your Head North When Sleeping 6 minutes, 45 seconds - A seeker asks **which direction**, to keep your head during **sleep**,. Sadhguru explains the various geographic patterns which affect ... 5e92bf91fb Playback 5e92bf91fb The Most Important Sleep Habits 5e92bf91fb Best Side to Sleep On #shorts - Best Side to Sleep On #shorts by Brian Boxer Wachler 1,369,076 views 3 years ago 8 seconds - play Short 5e92bf91fb Mayo Clinic Minute - What's the best sleeping position? - Mayo Clinic Minute - What's the best sleeping position? 1 minute, 12 seconds 5e92bf91fb East or South? Which Direction Should You Sleep? - East or South? Which Direction Should You Sleep? by Dr. Joannette MD 2,542 views 11 months ago 23 seconds - play Short - Vastu recommends South, Feng Shui recommends North. My advice? Test them both and see which feels **best**, for you! Learn ... 5e92bf91fb The Best Direction to Sleep for Longevity (Ancient Wisdom \u0026 Modern Science) - The Best Direction to Sleep for Longevity (Ancient Wisdom \u0026 Modern Science) 4 minutes, 18 seconds - You might be surprised to learn that the answer to **which direction**, you should **sleep**, could be silently impacting your energy, focus, ... 5e92bf91fb What is the Best Direction and Position to Sleep | Good Health - What is the Best Direction and Position to Sleep | Good Health 6 minutes, 53 seconds - In this video, Sadhguru explains the reason why it is generally advised in the yogic culture not to point your head towards the ... 5e92bf91fb General 5e92bf91fb Vastu Tips - Check Your Sleeping Direction | Learn Vastu Shastra - Vastu Tips - Check Your Sleeping Direction | Learn Vastu Shastra by Vastu Abhishek (Vastu Shastra \u0026 Astrology) 375,027 views 3 years ago 57 seconds - play Short - vastu #vastutips #vastushastra #architecture #interiordesign To become a Professional Vastu Expert and Learn Vastu Shastra, ... 5e92bf91fb

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