

While Sleeping Head Should Be In Which Direction

Sleeping Right Duration \u0026 Direction - Sadhguru Answers Virender Sehwal - Sleeping Right Duration \u0026 Direction - Sadhguru Answers Virender Sehwal by Spirit of Sadhguru (Fan Page) 314,574 views 3 years ago 59 seconds - play Short - sadhguru #virendarsehwal #questionanswer #shorts **Sleeping**, Right Duration \u0026 **Direction**, - Sadhguru Answers Virender Sehwal ... 22d212f45d Sleep This Way With Acid Reflux (GERD) Dr. Mandell - Sleep This Way With Acid Reflux (GERD) Dr. Mandell by motivationaldoc 2,253,337 views 3 years ago 26 seconds - play Short - If you have acid reflux you want to **sleep**, on your left **side**, because the angle of the stomach as well as gravity **will**, prevent the ... 22d212f45d \u201cSleeping direction you must know!\u201d #mustwatch #vastu #sleep #shorts #ytshorts #healthylifestyle - \u201cSleeping direction you must know!\u201d #mustwatch #vastu #sleep #shorts #ytshorts #healthylifestyle by SpiritualConnects 443,172 views 1 year ago 5 seconds - play Short - sleeping direction, you **must**, know! According to Vastu Shastra, an ancient Indian architectural science, the **direction**, in which one ... 22d212f45d How To Sleep With Shoulder Pain! [Best Positions For Pain-Free Sleep] - How To Sleep With Shoulder Pain! [Best Positions For Pain-Free Sleep] by Tone and Tighten 568,777 views 1 year ago 20 seconds - play Short - SEE THE FULL VIDEO: <https://youtu.be/OcgA9RxZZkE> Tips and advice to alleviate shoulder pain **while sleeping**, and help you ... 22d212f45d General 22d212f45d Which is the best direction to sleep? #fengshui #kua #compass #vastusastra #vastu #qibla #kaaba - Which is the best direction to sleep? #fengshui #kua #compass #vastusastra #vastu #qibla #kaaba by Dear Modern 1,016,143 views 4 years ago 56 seconds - play Short 22d212f45d Are You Sleeping in the Wrong Direction? 22d212f45d Let's go over the two best sleeping positions for a better night's sleep! - Let's go over the two best sleeping positions for a better night's sleep! by Dr. Ajay Sawhney 2,001,341 views 3 years ago 22 seconds - play Short - Have you ever woken up on the wrong **side**, of the bed? Let's go over the two best **sleeping**, positions for a better night's

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sleep,! 22d212f45d Spherical Videos 22d212f45d 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 ... 22d212f45d 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 ... 22d212f45d HOW TO SLEEP TELUGU FACTS RELANGI TV SHORTS #sleep #sleeping #facts #howto #shorts #relangisiddanti - HOW TO SLEEP TELUGU FACTS RELANGI TV SHORTS #sleep #sleeping #facts #howto #shorts #relangisiddanti by RELANGI -TV 263,713 views 4 years ago 25 seconds - play Short - #relangisiddanti #sleep #shorts #sleeping #relangisiddanti \n#tips #vastu #latest #dreams #sleep \n\n"DAIVAGNARATNA" RELANGI KUMAR SANKAR ... 22d212f45d 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 ... 22d212f45d The Most Important Sleep Habits 22d212f45d Which direction should you sleep? - Which direction should you sleep? by Sleep Doctor 36,618 views 2 years ago 33 seconds - play Short - sleep, #doctor #sleepbetter #sleeptips #bettersleep. 22d212f45d Sleep better tonight!! Wake-up without neck pain! #pain #sleep #neckpain - Sleep better tonight!! Wake-up without neck pain! #pain #sleep #neckpain by Geeked Rehab 1,397,495 views 2 years ago 15 seconds - play Short - Dr Monte demonstrates how to position your pillow to support the neck and alleviate neck pain. This is perfect for anyone ... 22d212f45d 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, ... 22d212f45d BEST HEAD POSITION while SLEEPING as per Vastu Shastra ? - BEST HEAD POSITION while SLEEPING as per Vastu Shastra ? by NumeroVastu English 1,574 views 1 year ago 47 seconds - play Short 22d212f45d Keyboard shortcuts 22d212f45d Search filters 22d212f45d Vastu Tips: Sleeping with head in THIS direction gives benefits - Vastu Tips: Sleeping with head in THIS direction gives benefits 40 seconds

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- In Vastu Shastra, today, know about **sleeping**, with **head**, in east and west **direction**,. According to Vastu Shastra, **sleeping**, in the ... 22d212f45d Subtitles and closed captions 22d212f45d Final Thoughts \u0026 Where to Learn More 22d212f45d Ancient Wisdom: Vastu \u0026 Feng Shui 22d212f45d 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 ... 22d212f45d What Modern Science Says 22d212f45d Where should you place your head while sleeping as per vastu... #vastu #vastushastra - Where should you place your head while sleeping as per vastu... #vastu #vastushastra by Vastu Vridhhi 137,452 views 1 year ago 1 minute - play Short 22d212f45d The Simple Sleep Experiment to Try Tonight 22d212f45d Playback 22d212f45d Point your head to magnetic north when you sleep !!! - Point your head to magnetic north when you sleep !!! by Man of Letters 21,086 views 3 years ago 10 seconds - play Short 22d212f45d Best Side to Sleep On #shorts - Best Side to Sleep On #shorts by Brian Boxer Wachler 1,367,917 views 3 years ago 8 seconds - play Short 22d212f45d Sleep Posture, Neck Pain, and Pillow? - Sleep Posture, Neck Pain, and Pillow? by Insider Physical Therapy 865,644 views 1 year ago 15 seconds - play Short - This video shows how pillow height in different positions can cause neck pain and how to fix it.

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