

ANKS, AJKA

आधी नदी का समुन्दर, आधी जमीं का आसमां

(21 Days Bhatti : June 2021)

01st June

Introduction/Aim of Bhatti

02nd June

Sutra 1 : Amritvela

03rd June

Sutra 2 : Bare Foot Walking

04th June

Sutra 3.1 : Conscious Eating Part 1/2

05th June

Sutra 3.2 : Conscious Eating Part 2/2

06th June

Sutra 4.1 : Sun Gazing Part 1/2

07th June

Sutra 4.2 : Sun Gazing Part 2/2

Sutra 5 : Suncharged Water

08th June

Sutra 6 : Sleep Hygiene

09th June

Sutra 7.1 : Yoga Nidra (Yogic Sleep) Part 1/2

10th June

Sutra 7.2 : Yoga Nidra (Yogic Sleep) Part 2/2

11th June

Sutra 8.1 : Vitamin N - Part 1/3

12th June

Sutra 8.2 : Vitamin N - Part 2/3

13th June

Sutra 8.3 : Vitamin N - Part 3/3

14th June

Sutra 9 : ChiWalking & ChiRunning

15th June

Sutra 10 : Self Remembering

16th June

Sutra 11 : Conscious Autosuggestions

17th June

Sutra 12 : Creative Visualization

18th June

Sutra 13 : Cosmic Ordering

Sutra 14 : The Law of Attraction

19th June

Sutra 15 : Emotional Roller Coaster

Sutra 16 : Mood Changers

20th June

Sutra 17 : The Soundless Sound

Sutra 18 : The Spaceless Space

Sutra 19 : The Bottomless Bottom

21st June

Sutra 20 : The Riverless Ocean

Sutra 21 : The Landless Sky