

Pm kriya

#asleepritual

for deep, restful sleep



This practice compliments the sympathetic nervous system by activating the parasympathetic system and gets one ready for deep, restful sleep

-Rest & recover

-Heal and repair

-Melatonin

-Circadian rhythms

-Hormonal optimisation

- HGH optimisation

This series of practices have been formulated by

www.kdham.com

The sequence

OPTION 1

- Avilom- vilom x 10 rounds
- Om chanting x 10 rounds
(specific way)
- Gayatri mantra x 10 rounds
(specific way)

This series of practices have been formulated by
www.kdham.com

The sequence

OPTION 2

- Avilom- vilom x 10 rounds
- Aaa chanting x 10 rounds
(specific way)
- Personalised mantra x 10 rounds
(specific way)

This series of practices have been formulated by
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The importance

During deep sleep, your body releases growth hormone and works to build and repair muscles, bones, and tissue, and immune system functioning.

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