



Bhawna Yog

For The Fast And Better Result Of Bhawna Yog

Bhawna Yog Rule

1. Meditate Bhawana yog diving sunlight Or Sit in Sunlight for 45 minutes.
2. Do not eat anything after Sunset
3. Eat season's Fruit in early morning and Take adequate amount of Liquid.
4. Eat food once or twice in a day.
5. Eat Vegetables and Salad in food and take Vegetable Juice.(**NOT FRUIT JUICE**)

भावना योग के त्वरित और बेहतर परिणाम के लिए

भावना योग नियम

1. सूर्य की रोशनी में भावना योग करे । या 45 मिनट रोज सूर्य का प्रकाश लें.
2. सूर्यास्त के बाद कुछ भी न खाए ।
3. सुबह में मौसमी फलों का सेवन करें और पर्याप्त मात्रा में तरल पदार्थ लें।
4. दिन में 2 बार या 1 बार ही खाना खाए ।
5. भोजन में हरी सब्जियां और सलाद खाएं तथा सब्जियों का जूस पिएं। (फलों का रस न लें)

Important Note

Mentioned Quantity of Fruits and Vegetables is very compulsory, it's not necessary that you eat cooked food in your lifestyle routine but Fruits and Vegetables intake is very important in the diet.

You can eat your favourite home made cooked food in lunch, but only in Veg (no chicken, no fish, no meat, any type of nonveg and milk products like curd, buttermilk, paneer, icecream, biscuits, chocolates are strictly not allowed in diet)

Those who are fasting, can follow this diet for a month

(DON'T EAT ANY TYPE OF FOOD IN NIGHT)

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