

Myths Of The Asanas

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This usually happens when there's enough cervical fluid or mucus to provide the sperms with nutrition - that is closer to ovulation. In fact, cervical fluid is a reliable indicator of ovulation and can help you plan your pregnancy. However, do note that sperms living for 5 days is a rarity.

How Long Does Sperm Live Inside And Outside The Body?

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Origin & Meaning. Transcendental Meditation is a specific form of Mantra Meditation introduced by Maharishi Mahesh Yogi in 1955 in India and the West. In the late 1960s and early 1970s, the Maharishi achieved fame as the guru to the Beatles, The Beach Boys and other celebrities.. It is a widely practiced form of meditation, with over 5 million practitioners worldwide, and there is a lot of ...

The Ancient Powerful Practices of Hindu Meditation

From impaired lung function, COVID pneumonia, oxygen saturation and shortness of breath, lung fibrosis and chronic pulmonary distress, COVID-19 can be bad for your lungs.

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