

DIGITAL DETOX DAY INSTRUCTIONS

In preparation for the Volcanic Remembrance of One Bhatti, 3 pause days are highly recommended as follows:

1. Every 5 days before Bhatti, take a digital detox for the whole day if possible or most of the day. This means abstinence from phones, iPad, computers, and TV.
2. Remain in silence as a karma yogi wherever and whenever possible.
3. Create time for a mini Bhatti, i.e., 2 hours outside of regular yoga times
4. Use these days to go through resources provided on the portal for preparation for the Bhatti.

Portal Link:

bkmeditation.online/Global-Bhatti-2022