

MEET OUR EXPERT TEAM

Dedicated professionals committed to holistic health through
Ayurveda, Naturopathy, Yoga & Nutrition



Dr. Laxman Sharma

MD Clinical Yoga

Expert in Yoga Therapy, Lifestyle Disorders, Integrative Medicine, and Evidence-Based Yoga interventions. Dedicated to promoting holistic health through therapeutic yoga, naturopathy, and preventive healthcare.



Dr. Navneet Bhardwaj

BAMS, MD (Ayurveda)

Experienced Ayurveda Consultant specialising in Panchakarma, chronic disease management, and personalized Ayurvedic treatment protocols. Passionate about integrating traditional wisdom with modern healthcare practices.



Dr. Anukool Dwivedi

BNYS | M.Sc. Yoga (Pursuing)
Certified Oncology Nutritionist

Online Naturopathy, Yoga & Nutrition Consultant with expertise in therapeutic nutrition, oncology support, lifestyle modification, and holistic wellness. Focused on empowering individuals through evidence-based natural healthcare approaches.



OUR MISSION

To provide comprehensive, evidence-based, and patient centered care through the integration of Ayurveda, Naturopathy, Yoga, and Nutrition, helping individuals achieve optimal health and well-being naturally.