

WORKSHOP

Duration: 30 Days

Date: 13/12/23 to 14/01/24



Gut-Mind Health Reset Program

Relearn TRAYOPASTHAMBHA (Three pillars of life) with Dinacharya Abhyasa (Ayurvedic daily routine)

How to implement a daily routine that becomes a Sadhana (habit), to increase your growth curve?

Learn how small changes can transform your life beyond imagination. A soul-stirring one month New-year resolution to challenge your comfort zone. Gift yourself a HitaAyu (longer healthy life).

Connect yourself with Ayurveda and Gita...

Learning outcomes:

इत्याचारः समासेन, यं प्राप्नोति समाचरन् ।
आयुरारोग्यमैश्वर्यं यशो लोकांश्च शाश्वतान् ॥

- Boost innate-immunity
- Enhance productivity
- Optimize Emotional stability (Depression, Anxiety, Stress)
- Increase Academic Concentration
- Improve self-control
- Hormonal balance (Thyroid, PCOS, Infertility)
- Manage lifestyle disorders (Diabetes, Hypertension, Obesity, Insomnia, Arthritis)



REGISTER NOW!



Contact Us
sadyojata.in

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REGISTER NOW!



Gut-Mind Health Reset Program

Course Includes:

- Live sessions
- Pre and Post Health Screening Activities
- Life-time access to Course contents
- 30 days Doctor and Counseling Support
- Certificate of completion
- Online video content
- Instructor Q&A
- Instructor Direct Support

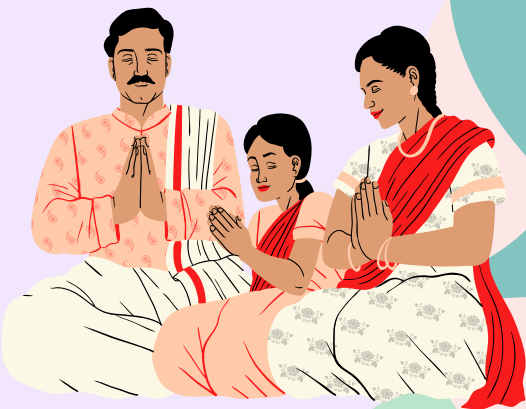


Registration fee:

Children (0-15 years) - Rs. 400

15 years above- Rs. 600

KuTumba (3-5 members) - Rs. 1500



Open to All Age-groups



Conducted by:

Sadyojata Ayurveda

Chirantana - Institute of Introspective Studies