



ALZHEIMER HEALING PROGRAM



PROGRAM DETAILS



DISEASE COVERED IN THE ALZHEIMER HEALING PROGRAM

**Early-onset Alzheimer's Disease
Late-onset Alzheimer's Disease
Familial Alzheimer's Disease (FAD)
Early-stage Alzheimer's Disease
Moderate-stage Alzheimer's Disease
Late-stage Alzheimer's Disease
Alzheimer's Disease with Lewy bodies (LBD)**

**This 10 Month Online Program offers the
flexibility and convenience to engage with the
program at your own pace, whenever and
wherever it suits you.**



INTRODUCTION

Welcome to Yogtec, an online platform dedicated to harnessing the power of yoga and naturopathy for individuals battling Alzheimer's disease. Our mission is to offer a holistic approach to Alzheimer's management, focusing on the mind, body, and spirit connection to promote healing and enhance quality of life.

Alzheimer's disease is a challenging condition that affects millions of individuals worldwide, along with their families and caregivers. While there is no cure, research suggests that holistic approaches, including yoga and naturopathy, can significantly improve cognitive function, reduce stress, and enhance overall well-being for those living with Alzheimer's.

At our platform, we believe in the power of yoga to nourish the body, mind, and spirit. Through a series of customized yoga sessions, participants will engage in gentle yet effective practices aimed at increasing flexibility, strength, and mindfulness. Our experienced instructors guide you through each session with compassion and expertise, creating a supportive environment for transformation and growth



HOW OUR PROGRAM HELPS IN HEALING

At Yogtec, we have developed a specialized program tailored specifically for individuals with Alzheimer's.

Our program combines gentle yoga practices, mindfulness techniques, dietary recommendations, and natural remedies to support brain health, reduce inflammation, and promote relaxation.

Tailored Yoga Sessions

Our platform offers accessible and gentle yoga sessions designed to accommodate individuals of all ages and fitness levels. These sessions focus on improving flexibility, strength, balance, and coordination, while also incorporating breathwork and meditation to calm the mind and reduce stress

Progress Tracking

We understand the importance of tracking progress and staying motivated. Our platform includes tools for monitoring cognitive function, mood, sleep patterns, and overall well-being. Members can set personal goals, track their achievements, and celebrate milestones along the way



Naturopathic Guidance

Our team of experienced naturopaths provides personalized recommendations for dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications that support brain health and overall well-being. We believe in the power of nature to heal and strive to integrate evidence-based naturopathic principles into our program.

Community Support

Alzheimer's can be isolating, both for individuals with the disease and their caregivers. Our platform fosters a supportive online community where members can connect, share experiences, and find encouragement from others on a similar journey. Through live group sessions, forums, and social media groups, we aim to create a sense of belonging and camaraderie among our members.

We provide flexible catering of time slots to the client, in accordance to their time zones and time slots they want to enroll. So no need to worry about different times zones, we got you covered!



YOGA SESSIONS WITH BEST HEALERS

**Sessions will Cover all the Deep & Combined Forms
of Ancient Yogic Technique to heal the
“ALZHEIMER”**

**ANUSARA YOG
RESTORATIVE YOG
VINYASA YOG
VINI YOG**

**Join us on a journey to elevate your wellness and
achieve sustainable weight loss with our Alzheimer
Healing Program. Let us empower you to cultivate a
deeper connection to your body, mind, and spirit, and
unlock the transformative potential within you.
Together, we can create a future where vibrant
health and vitality are within reach for everyone.
Take the first step towards a healthier, happier you
today**



NATUROPATHY

What would be provided in Naturopathy Counselling

- **Explore natural remedies**
- **Lifestyle modifications rooted in naturopathic principles to support in ALZHEIMER HEALING**
- **We offer practical and effective strategies to help you manage your condition naturally**

NUTRITIONIST

What would be provided in nutrition Counselling

- **Expertise, nutritionists empower patients to adopt healthy eating habits**
- **Create balanced meal plans**
- **Weekly diet plan**
- **Helping individuals make informed food choices**



THANK YOU