



OBESITY HEALING PROGRAM



PROGRAM DETAILS



DISEASE COVERED IN THE OBESITY HEALING PROGRAM

Obstructive sleep apnea
Non-alcoholic fatty liver disease (NAFLD)
Osteoarthritis
Gastroesophageal reflux disease (GERD)
Metabolically healthy obesity (MHO)
Gynoid obesity
Peripheral obesity
Central obesity

This 5 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 our online yoga and naturopathy platform, where we are committed to supporting individuals on their journey to optimal health and well-being. Today, I'm excited to introduce you to our Obesity Healing Program, a transformative blend of yoga and naturopathy designed to help you achieve sustainable weight loss and reclaim your vitality

Obesity and weight-related concerns are prevalent in today's society, impacting millions of lives worldwide. Our Obesity Healing Program offers a holistic solution that goes beyond traditional weight loss approaches, addressing the underlying factors contributing to obesity and promoting long-term wellness.

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

Yoga is just one aspect of our comprehensive program. We also integrate naturopathic principles to provide a well-rounded approach to weight loss. Our team of skilled naturopaths will work closely with you to develop a personalized plan that includes dietary modifications, herbal remedies, and lifestyle adjustments tailored to your specific needs and goals.

What sets us apart is our commitment to personalized care. We understand that every individual's journey to weight loss is unique, which is why our program begins with a thorough assessment of your health history, current lifestyle habits, and wellness objectives. Based on this assessment, we create a customized roadmap to guide you towards sustainable weight loss and improved overall health.

BENEFITS & CONVENIENCE

Our online platform offers the convenience and flexibility to engage with the program from the comfort of your own home, making it easy to incorporate into your busy schedule. Whether you're looking to shed excess pounds, improve your energy levels, or enhance your overall well-being, our Obesity Healing Program provides the resources, support, and community you need to succeed



Evidence-Based Practices

The effectiveness of yoga and naturopathy in improving Obesity is backed by scientific research. We integrate evidence-based techniques into our program, providing participants with a reliable and validated approach to obesity healing.

Convenience and Accessibility

With our online platform, individuals can access the program anytime, anywhere. Whether at home or on the go, our user-friendly interface allows seamless navigation through yoga sessions, educational resources, and community support forums.

Community Support

Healing is a journey best undertaken with support from others. Mindful Movement fosters a vibrant community where participants can connect, share experiences, and offer encouragement. This sense of belonging creates a nurturing environment conducive to personal growth and transformation.



YOGA SESSIONS WITH BEST HEALERS

Sessions will Cover all the Deep & Combined Forms of Ancient Yogic Technique to heal the "OBESITY"

**HATHA YOG
RESTORATIVE YOG
VINYASA YOG
YIN YOG**

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

We are catering our services in Timezones -:

**INDIA
US (CST,EST,PST)
AUSTRALIA
UNITED KINGDOM
UAE**



NATUROPATHY

What would be provided in Naturopathy Counselling

- **Explore natural remedies**
- **Lifestyle modifications rooted in naturopathic principles to support in OBESITY 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