



WOMEN'S WELLNESS

Studies show that women undergo 15% more stress at work than men, given their dual responsibilities at home and work. Women's challenges begin from as early as 30 yrs, when they battle maternal responsibilities coupled with growing seniority at work. This is an inflection point where women start to get overwhelmed and drop out.

Midlife (35 - 45yrs) also coincides with an important phase in women's life known as Peri-Menopause. This crucial life phase for most women starts with imperceptible hormonal changes which remain unattended to, till they disrupt mind and body rhythms.

At 51, I can happily declare that, in the last fifteen years I have navigated through this mind-body revolution and all symptoms effortlessly with the right nutrition, specific exercises and other lifestyle modifications.

My 'M-power Me' 90 minute workshop aims to confront, demystify scientific facts and provide simple, yet effective strategies for women to improve hormonal health, feel and perform at their best. Thereafter, I offer bespoke individual programmes.





CEO OF HEALTH

There's only one person who needs to make the key decisions about your own wellness and that's you. What use is success and fame if you don't have good health? Being the CEO of your own health begins with listening to your body. As per ancient Ayurvedic wisdom, our body gives us 6 signals before it goes into illness.

If we are in tune with our bodies, we can catch these signals, take timely action and guide our mind and bodies into vibrant health.

I can work with you to:

- Learn to listen to early warning signals
- Choose foods that positively impact optimal weight, gut health and mood
- Choose personally suited, time efficient hacks and practices for fitness, muscle and body tone.
- Unlock the flow of energy through your body
- Clear mind and emotions for sharper decision making.





NUTRITION@ WORK

Skipped breakfast and grabbed something quick on the way or at the office canteen? Lunch created bloating, heartburn or sluggishness? Mid-morning hunger pangs but not too many tasty, light and healthy snack options around? All my workshops are equipped to include 45 minute knowledge modules on how employees can choose smartly, eat nutritiously whether at home or work, to up their feel-good and energy quotient for an optimal day.

This includes recipe tips, handouts, making informed choices on packaged food labels, right choices for different times of the day based on individual needs.





PEACE@ WORK

We are a time-starved generation though the recent pandemic may have taught us to slow down. However we still need those time efficient practices that help us achieve calm and clarity so we can thrive at our workplace. As a contemporary meditation teacher, I guide you on how to quiet your mind and emotions even in the middle of a tense, high pressure day, without having to sit for hours in a lotus position on a yoga mat.

In just thirty minutes
I will guide you on how to calm an overactive mind, bring your focus to the 'now' and emerge feeling sharper, clearer and refreshed.

With practice, you can take even ten minutes of such mindful breaks and truly get more out of your day and relationships, with lesser stress and effort.



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