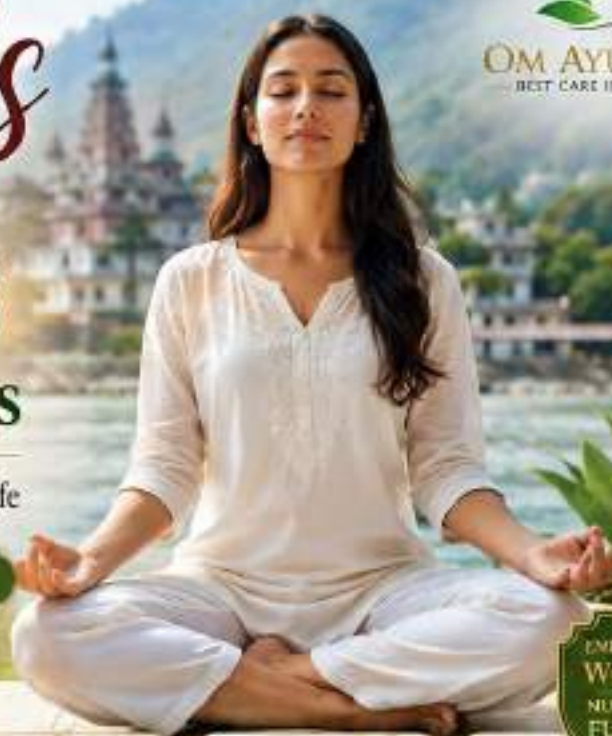


108 Women's Wellness Practical Sessions

Holistic Care for Every Stage of a Woman's Life

HEAL • BALANCE • THRIVE NATURALLY



EMPOWERING
WOMEN
NURTURING
FUTURES



FERTILITY SUPPORT
Natural care for
conception & hormonal
balance



**PREGNANCY
WELLNESS**
Nourishment, yoga &
Ayurveda for a healthy
pregnancy



POSTPARTUM CARE
Recovery, rejuvenation &
emotional well-being
after childbirth



**MENOPAUSE
PROGRAMS**
Hormonal balance, energy
& healthy aging



**HORMONAL BALANCE
RETREATS**
Detox, de-stress &
restore inner harmony

OUR 108 PRACTICAL SESSION COVERS

- ♣ Menstrual Health & Hormonal Balance
- ♣ Fertility & Preconception Care
- ♣ Ayurvedic Pregnancy Care
- ♣ Yoga, Pranayama & Meditation
- ♣ Postpartum Recovery & Lactation Support
- ♣ Menopause & Healthy Ageing
- ♣ Nutrition, Detox & Weight Management
- ♣ Stress Management & Emotional Wellness
- ♣ Panchakarma & Ayurvedic Therapies
- ♣ Self Care, Beauty & Daily Wellness Routines



WHY CHOOSE US

- 🌿 Authentic Ayurveda & Experienced Experts
- 👤 Personalized Guidance for Every Woman
- 🌿 Natural & Holistic Healing Approach
- 🏡 Peaceful Location in Rishikesh
- 🧘 Practical Knowledge for Lifelong Wellness

Your Health, Your Strength, Your Journey
WE ARE HERE FOR YOU



BOOK YOUR WELLNESS JOURNEY TODAY!
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108 Women's Wellness

PRACTICAL SESSIONS

Holistic Care for Every Stage of a Woman's Life

Heal • Balance • Thrive Naturally

Empowering Women • Nurturing Health • Transforming Lives



FERTILITY SUPPORT

Natural care for
conception &
hormonal balance



PREGNANCY WELLNESS

Nourishment, yoga &
Ayurveda for a healthy
pregnancy



POSTPARTUM CARE

Recovery, rejuvenation &
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MENOPAUSE PROGRAMS

Hormonal balance,
energy &
healthy aging



HORMONAL BALANCE RETREATS

Detox, de-stress &
restore inner
harmony



AYURVEDA, YOGA & LIFESTYLE

Ayurvedic therapies,
yoga, nutrition &
self-care practices



108
SESSIONS

PRACTICAL • AUTHENTIC
TRANSFORMATIVE

Our 108 Practical Sessions Include:

- Women's Health Assessment & Ayurvedic Consultation
- Hormonal Balance & Menstrual Health
- Fertility & Preconception Care
- Pregnancy, Garbha Samskara & Natural Childbirth
- Postpartum Recovery & Lactation Support
- Menopause & Healthy Ageing
- Ayurvedic Nutrition, Detox & Weight Management
- Panchakarma Therapies & Rejuvenation
- Yoga, Pranayama, Meditation & Stress Management
- Self Care, Beauty & Daily Wellness Routines

WHY CHOOSE US?

- Authentic Ayurveda & Experienced Experts
- Personalized Guidance for Every Woman
- Natural & Holistic Healing Approach
- Peaceful Location in Rishikesh
- Practical Knowledge for Lifelong Wellness

YOUR HEALTH, YOUR STRENGTH, YOUR JOURNEY
WE ARE HERE FOR YOU



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WOMEN'S HEALTH ASSESSMENT

The First Step Towards
Lifelong Wellness

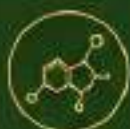
KNOW YOUR BODY • UNDERSTAND YOUR HEALTH
EMPOWER YOUR LIFE



A Personalized Ayurvedic Approach for Every Woman



UNDERSTAND
your body
constitution
(Prakriti)



BALANCE
hormones
naturally



PREVENT
future health
concerns



IMPROVE
energy, mood
& immunity



SUPPORT
every stage of
a woman's life



ACHIEVE
holistic well-being
& inner balance

WHAT WE ASSESS

- Health History & Lifestyle
- Prakriti (Body Constitution)
- Hormonal Balance
- Digestive & Metabolic Health
- Nutrition & Eating Habits
- Stress, Sleep & Mental Well-being
- Menstrual & Reproductive Health
- Immunity & Vitality
- Physical Examination
& Ayurvedic Pulse Diagnosis



YOU WILL RECEIVE

- Personalized Wellness Plan
- Ayurvedic Diet & Lifestyle Guidance
- Herbal & Natural Recommendations
- Yoga, Meditation & Daily Routines
- Support for Long-term Wellness



YOUR HEALTH. YOUR STRENGTH. YOUR JOURNEY.
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AYURVEDIC PRAKRITI ANALYSIS

for Women

DISCOVER YOUR UNIQUE BODY CONSTITUTION

Understand your natural balance of
Vata, Pitta and Kapha for a
healthier, happier you.



KNOW YOUR PRAKRITI, TRANSFORM YOUR LIFE



VATA

Creative • Energetic • Flexible
Tendency to dryness, anxiety
& irregularity



PITTA

Intelligent • Focused • Ambitious
Tendency to acidity, anger
& inflammation



KAPHA

Calm • Strong • Nurturing
Tendency to weight gain,
lethargy & congestion



BENEFITS OF PRAKRITI ANALYSIS

- ✓ Personalized diet & nutrition
- ✓ Better digestion & metabolism
- ✓ Balanced hormones
- ✓ Increased energy & immunity
- ✓ Healthy skin & hair
- ✓ Stress management
- ✓ Sound sleep
- ✓ Disease prevention
- ✓ Overall well-being & longevity

WHAT YOU WILL RECEIVE

- ✓ Detailed Prakriti Report
- ✓ Personalized Diet & Lifestyle Plan
- ✓ Yoga, Meditation & Daily Routine Guidance
- ✓ Herbal Recommendations for Your Constitution



TAKE THE FIRST STEP TOWARDS
BALANCED HEALTH & HAPPINESS



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HORMONAL HEALTH CONSULTATION

Balance Your Hormones
Naturally with Ayurveda



NATURAL SOLUTIONS FOR
EVERY STAGE OF A WOMAN'S LIFE

WE HELP YOU WITH



IRREGULAR PERIODS

Restore natural
menstrual balance



PCOS / PCOD SUPPORT

Manage symptoms
naturally



THYROID WELLNESS

Balance thyroid
function



FERTILITY & CONCEPTION CARE

Support natural
fertility



MENOPAUSE SUPPORT

Relieve symptoms
and improve quality
of life



STRESS & MOOD BALANCE

Enhance emotional
well-being

YOUR PERSONALIZED WELLNESS PLAN

- ☞ Ayurvedic Consultation
- ☞ Prakriti Analysis
- ☞ Personalized Diet Plan
- ☞ Herbal Support
- ☞ Yoga & Meditation
- ☞ Daily Routine Guidance
- ☞ Lifestyle Recommendations



OUR AYURVEDIC APPROACH

- ☞ Root cause identification
- ☞ Natural & safe therapies
- ☞ Holistic healing for body, mind & soul
- ☞ No side effects
- ☞ Long-term hormonal balance

*"When your hormones are balanced,
your body, mind and life are in harmony."
— The Wisdom of Ayurveda*



TAKE THE FIRST STEP TOWARDS
BALANCED HORMONES & BETTER YOU



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MOTHER EARTH
TRAVEL AND TOURISM

MENSTRUAL HEALTH EDUCATION



Know Your Cycle. Nurture Your Body.
Empower Your Life.



Education is the first
step towards natural
hormonal balance and
lifelong wellness.



• WHAT YOU WILL LEARN •



Understand
Your Cycle



Hormonal
Balance



Menstrual
Hygiene



Nutrition for
Every Phase



Yoga &
Meditation



Self-Care &
Lifestyle

BENEFITS

- Regulate menstrual cycle
- Reduce cramps & discomfort
- Improve mood & energy
- Support hormonal balance
- Promote reproductive health
- Boost confidence & well-being



NATURAL SUPPORT THROUGH AYURVEDA

- Personalized guidance
- Ayurvedic diet & herbs
- Detox & digestive support
- Stress management
- Daily routine (Dinacharya)
- Holistic lifestyle practices

For Girls, Women & Every Stage of Womanhood – From First Period to Menopause

EMPOWER YOUR BODY WITH KNOWLEDGE.
CHOOSE NATURAL. CHOOSE AYURVEDA.



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MOTHER EARTH
TRAVEL AND TOURISM

UNDERSTANDING THE MENSTRUAL CYCLE

KNOW YOUR BODY. EMBRACE YOUR HEALTH.

The menstrual cycle is a natural process that prepares the body for pregnancy every month. Understanding each phase helps you support your hormones, energy, mood and overall well-being.

THE 4 PHASES OF THE MENSTRUAL CYCLE



01 MENSTRUAL PHASE (1-5 Days)

The cycle begins. The uterine lining sheds. Focus on rest, warm foods, hydration and self-care.

You may feel: Low energy, cramps, inward, sensitive



04 LUTEAL PHASE (16-28 Days)

The body prepares for possible pregnancy. If not, hormones drop and a new cycle begins.

You may feel: Bloating, mood swings, cravings



02 FOLLICULAR PHASE (6-13 Days)

Energy starts to rise. The body builds the uterine lining. Great time for new goals and productivity.

You may feel: More energy, positive, social



03 OVULATION PHASE (14-15 Days)

The egg is released. Fertility is at its peak. Energy, focus and confidence are high.

You may feel: High energy, confident, radiant

SUPPORT YOUR CYCLE NATURALLY



EAT BALANCED
NUTRITION



STAY
HYDRATED



PRACTICE YOGA
& MEDITATION



MANAGE STRESS
NATURALLY



SLEEP WELL
& REST



DAILY
SELF-CARE
ROUTINE

AYURVEDIC WISDOM FOR MENSTRUAL HEALTH

- ✓ Every woman is unique. Ayurveda considers your Prakriti (Vata, Pitta, Kapha) for personalized care.
- ✓ Supports hormonal balance naturally
- ✓ Helps reduce cramps, mood swings & fatigue
- ✓ Improves digestion, energy & emotional well-being
- ✓ Supports fertility & reproductive health



WHEN TO SEEK GUIDANCE?

- ✓ Irregular or painful periods
- ✓ Heavy bleeding or blood clots
- ✓ PCOS / PCOD
- ✓ Mood swings, stress, anxiety
- ✓ Hormonal imbalance
- ✓ Preconception & fertility support

Early care leads to better health.



KNOW YOUR CYCLE. LOVE YOUR BODY.
LIVE IN BALANCE EVERY DAY.



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UNDERSTANDING THE MENSTRUAL CYCLE

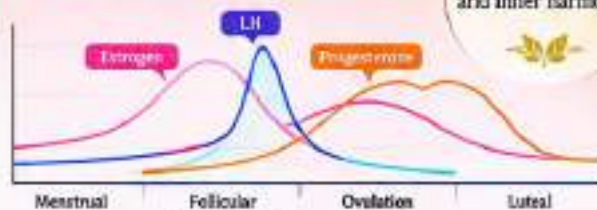
*A Journey Through Every
Phase Naturally*

*Know Your Body...
Empower
Your Health!*

The 4 Phases of the Menstrual Cycle



Key Hormones at Work



Hormones change every day,
shaping your energy, mood and health.

A healthy
menstrual cycle
is a sign of
overall well-being,
hormonal balance
and inner harmony.

Common Menstrual Health Concerns



Benefits of Understanding Your Cycle

- ✓ Better hormonal balance
- ✓ Healthy reproductive system
- ✓ Improved mood & energy
- ✓ Healthy skin & hair
- ✓ Balanced weight & metabolism
- ✓ Reduced stress & anxiety
- ✓ Lifelong women's wellness

Support Your Cycle Naturally



Healthy Nutrition
Eat fresh, warm,
sattvic food



Yoga & Exercise
Stay active
and flexible



Meditation
Calm mind,
balanced hormones



Herbal Support
Natural healing
with Ayurveda



Quality Sleep
Deep rest for
hormonal harmony



Self-Care
Love, listen and
care for your body

Why Choose Om Ayurveda?

- ✓ Authentic Ayurvedic Guidance
- ✓ Personalized Prakriti Analysis
- ✓ Natural & Holistic Approach
- ✓ Expert Ayurvedic Doctors
- ✓ Women's Wellness Programs
- ✓ Peaceful Healing in Rishikesh

♥ "Healthy Women. Healthy Families. Healthy World." ♥

Join Our Women's Wellness
Education Program Today!



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HEALTHY PUBERTY GUIDANCE

Growing with Confidence,
Health & Awareness

Supporting Girls on Their Beautiful
Journey into Womanhood

KEY TOPICS WE COVER



BODY CHANGES

Understand the
physical changes
during puberty



MENSTRUAL HEALTH

Learn about periods,
cycle & hygiene



EMOTIONAL WELL-BEING

Manage mood swings,
stress & emotions



NUTRITION

Eat right for
strong growth
& development



YOGA & EXERCISE

Stay active,
flexible & healthy



SLEEP & REST

Good sleep for
better health



PERSONAL HYGIENE

Daily hygiene
for confidence



SELF-CARE & CONFIDENCE

Build self-esteem &
positive habits

BENEFITS OF HEALTHY GUIDANCE

- ✓ Supports healthy physical growth
- ✓ Maintains hormonal balance naturally
- ✓ Improves energy, focus & memory
- ✓ Builds confidence & self-esteem
- ✓ Promotes emotional well-being
- ✓ Encourages healthy lifestyle habits
- ✓ Prepares for a strong & healthy future



AYURVEDIC GUIDANCE INCLUDES

- 🌿 Prakriti (Body Constitution) Analysis
- 🌿 Personalized Diet & Nutrition Plan
- 🌿 Herbal Support for Healthy Growth
- 🌿 Yoga, Meditation & Breathing Practices
- 🌿 Daily Routine (Dinacharya) Guidance
- 🌿 Parent & Child Awareness Sessions



EMPOWER YOUR DAUGHTER TODAY.
AWARENESS TODAY, WELLNESS FOREVER.



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SAFE, GENTLE &
GIRL-FRIENDLY



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MOTHER EARTH
TRAVEL AND TOURISM

FERTILITY AWARENESS WORKSHOP

KNOW YOUR BODY. EMPOWER YOUR FUTURE.

Understand your reproductive health, menstrual cycle, fertile window, and the factors that influence fertility.

A step towards conscious conception and a healthier tomorrow.

NATURAL
WISDOM
for Reproductive
Wellness

WHAT YOU WILL LEARN



MENSTRUAL CYCLE

Understand each
phase of your cycle



OVULATION & FERTILE WINDOW

Identify your most
fertile days



REPRODUCTIVE HEALTH

Essential knowledge
for overall wellness



NUTRITION

Foods & herbs that
support fertility



YOGA & MEDITATION

Improve hormonal
balance & reduce stress



SLEEP & LIFESTYLE

Healthy habits for
better reproductive
health



AYURVEDIC GUIDANCE

Personalized tips
based on your
Prakriti

WORKSHOP HIGHLIGHTS

- ✓ Expert Ayurvedic guidance
- ✓ Interactive sessions
- ✓ Prakriti (Body Constitution) analysis
- ✓ Personalized lifestyle recommendations
- ✓ Take-home guide & wellness plan
- ✓ Q&A and one-on-one interaction



“ Awareness today,
healthy generations tomorrow.
Start your journey with knowledge
and the wisdom of Ayurveda.

– Om Ayurveda

WHO CAN ATTEND?

- Couples planning for a baby
- Women with irregular cycles
or hormonal imbalance
- Anyone seeking natural
fertility support
- Individuals looking to improve
reproductive wellness

INVEST IN KNOWLEDGE.
INVEST IN YOUR FUTURE.

LIMITED SEATS! BOOK NOW



WORKSHOP DURATION
1 DAY PROGRAM



OM AYURVEDA
RISHIKESH, UTTARAKHAND



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MOTHER EARTH
TRAVEL AND TOURISM

NATURAL FERTILITY SUPPORT

NURTURE YOUR FERTILITY. NATURALLY.

Ayurveda helps balance your body, mind, and hormones to support reproductive wellness and a healthy future.

AYURVEDIC APPROACH

- ✓ Personalized Consultation
- ✓ Prakriti (Body Constitution) Analysis
- ✓ Lifestyle & Diet Assessment
- ✓ Holistic Fertility Guidance
- ✓ Natural & Safe Support



SUPPORT YOUR FERTILITY NATURALLY



BALANCED
NUTRITION



YOGA &
MEDITATION



STRESS
MANAGEMENT



QUALITY
SLEEP



DAILY
ROUTINE

PERSONALIZED AYURVEDIC CARE



EXPERT CONSULTATION

In-depth consultation to understand your health history, lifestyle, and goals.



HERBAL SUPPORT

Natural Ayurvedic herbs and formulations to support hormonal balance and reproductive health.



PANCHAKARMA THERAPIES*

Detoxify, rejuvenate, and restore balance with classical Ayurvedic therapies when appropriate.



LIFESTYLE GUIDANCE

Personalized diet, exercise, yoga, and daily routine plans for long-term reproductive wellness.

* Therapies are recommended by qualified Ayurvedic practitioners after proper assessment.

BENEFITS OF NATURAL FERTILITY SUPPORT

- ✓ Helps balance hormones naturally
- ✓ Supports ovulation and menstrual health
- ✓ Improves reproductive organ health
- ✓ Enhances egg and sperm quality
- ✓ Reduces stress and improves mental well-being
- ✓ Prepares the body for a healthy conception
- ✓ Supports overall vitality and energy



HEALTHY TODAY. HEALTHY TOMORROW

WHO CAN BENEFIT?

- ✓ Couples planning for pregnancy
- ✓ Women with irregular cycles
- ✓ Individuals with hormonal imbalance
- ✓ Those seeking natural fertility support
- ✓ Anyone looking to improve reproductive wellness

TAKE THE FIRST STEP TOWARDS
A HEALTHY & HAPPY FUTURE.



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MOTHER EARTH
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PRECONCEPTION WELLNESS PLANNING

Prepare Today, Nurture a Healthy Tomorrow

A healthy pregnancy begins with
preparation, balance and awareness.

Our Preconception Wellness Planning program helps women and couples optimize their physical, mental and emotional health before conception through holistic Ayurvedic guidance.

STRONG
FOUNDATION
FOR A
HEALTHY
FUTURE

WHAT YOU WILL GAIN



HEALTH ASSESSMENT

In-depth evaluation of your current health and medical history



PRAKRITI ANALYSIS

Understand your body constitution and imbalances



NUTRITION GUIDANCE

Personalized diet plan to nourish your reproductive health



YOGA & MEDITATION

Improve hormone balance, reduce stress and build vitality



BETTER SLEEP

Support restful sleep for hormonal and emotional balance



STRESS MANAGEMENT

Techniques to calm the mind and improve overall well-being



LIFESTYLE PLANNING

Daily routine and healthy habits for fertility and wellness



BENEFITS OF PRECONCEPTION WELLNESS PLANNING

- ✓ Supports hormonal balance naturally
- ✓ Improves egg and sperm quality
- ✓ Enhances fertility and conception chances
- ✓ Increases energy and overall vitality
- ✓ Reduces stress and anxiety
- ✓ Supports a healthy pregnancy & baby



PERSONALIZED AYURVEDIC CARE

- ✓ Personalized Wellness Plan
- ✓ Ayurvedic Herbs & Natural Support (when appropriate)
- ✓ Detox & Rejuvenation Therapies (Panchakarma when needed)
- ✓ Lifestyle & Daily Routine Guidance
- ✓ Emotional Well-being Support



OUR HOLISTIC APPROACH

Ayurveda looks at you as a whole - body, mind and spirit. Our holistic approach addresses the root cause and prepares you for a joyful and healthy parenthood journey.



AYURVEDA



NUTRITION



YOGA



LIFESTYLE



MIND CARE

WHO CAN BENEFIT?

- ✓ Couples planning for pregnancy
- ✓ Women with irregular cycles
- ✓ Those with hormonal imbalance
- ✓ Individuals with low energy or stress
- ✓ Anyone looking to improve reproductive wellness

“When you nurture your body today, you create a stronger, healthier foundation for tomorrow.”

INVEST IN YOUR HEALTH TODAY,
FOR A BEAUTIFUL TOMORROW.

BOOK YOUR CONSULTATION



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COUPLE FERTILITY WELLNESS

A Healthy Journey Begins Together

Strengthen your bond. Nurture your health.
Build your future together.

Our Couple Fertility Wellness program combines the timeless wisdom of Ayurveda with personalized care to support your reproductive health naturally.

TOGETHER
TOWARDS
A HEALTHIER
TOMORROW

WHAT WE FOCUS ON



COUPLE HEALTH ASSESSMENT

In-depth evaluation of both partners



PRAKRITI ANALYSIS

Understand your body constitution and imbalances



NUTRITION GUIDANCE

Personalized diet to nourish and balance



YOGA & MEDITATION

Improve hormone balance and reduce stress



BETTER SLEEP

Support restful sleep for hormonal and emotional balance



STRESS MANAGEMENT

Techniques to calm the mind and improve well-being



LIFESTYLE PLANNING

Daily routine and habits for long-term reproductive health

PERSONALIZED AYURVEDIC CARE

- ✓ Personalized Wellness Plan for Both Partners
- ✓ Ayurvedic Herbs & Natural Support (when appropriate)
- ✓ Panchakarma Therapies* (when needed & recommended)
- ✓ Detox & Rejuvenation
- ✓ Lifestyle & Daily Routine Guidance
- ✓ Emotional & Relationship Wellness

*Therapies are recommended by qualified Ayurvedic practitioners after proper assessment.



“When both partners are healthy, the foundation for conception and a happy family is stronger.”

BENEFITS FOR COUPLES

- ✓ Supports natural fertility and reproductive wellness
- ✓ Improves hormonal balance in both partners
- ✓ Enhances egg and sperm quality
- ✓ Reduces stress and anxiety
- ✓ Improves energy, vitality and overall well-being
- ✓ Strengthens emotional bond and communication

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PCOS LIFESTYLE MANAGEMENT

Balance Your Hormones. Feel Your Best.

Ayurveda • Lifestyle • Nutrition • Wellness

PCOS can affect your periods, hormones, weight, energy, skin and mood. With the right lifestyle and Ayurvedic care, you can restore balance naturally and live a healthier, happier life.

Small
Changes
Big
Transformation

COMMON PCOS CHALLENGES



Irregular
Periods



Hormonal
Imbalance



Weight Gain
& Difficulty
Losing Weight



Acne &
Skin Issues



Hair Fall
& Thinning



Low Energy
& Fatigue



Mood Swings,
Stress & Anxiety

OUR AYURVEDIC APPROACH

- ✓ Personalized Ayurvedic Consultation
- ✓ Prakriti (Body Constitution) Analysis
- ✓ Diet & Nutrition Guidance
- ✓ Herbal Support (When Appropriate)
- ✓ Yoga & Exercise Recommendations
- ✓ Stress Management & Meditation
- ✓ Detox & Rejuvenation Therapies
- ✓ Daily Routine (Dinacharya) Planning



KEY LIFESTYLE PILLARS



Balanced Nutrition
Eat fresh, whole, and sattvic foods that support hormone balance.



Move Your Body
Regular yoga, walking and exercise improve metabolism and mood.



Manage Stress
Meditation, breathing practices and mindfulness support hormonal health.



Sleep Well
Quality sleep helps regulate hormones and improves overall well-being.



Stay Consistent
Small daily steps create long-term balance and transformation.

BENEFITS OF LIFESTYLE MANAGEMENT

- ✓ Regulates menstrual cycle
- ✓ Supports hormonal balance
- ✓ Helps in healthy weight management
- ✓ Improves skin and hair health
- ✓ Boosts energy and mood
- ✓ Reduces stress and anxiety
- ✓ Enhances fertility and overall wellness



You are not alone. We are here to support you on your journey to better health.



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ENDOMETRIOSIS WELLNESS SUPPORT

Holistic Care for Women's Well-Being

You are not alone.

Together, we can support your wellness journey.

Endometriosis can affect daily life in many ways. Ayurveda offers a holistic approach to help balance the body, calm the mind, and support overall well-being naturally.

Holistic
Support for
Hormonal
Balance &
Well-Being

HOW AYURVEDA CAN HELP



**Balances
Hormones**

Supports natural
hormonal balance



**Reduces
Discomfort**

Helps manage pain
and inflammation
naturally



**Improves
Reproductive
Health**

Supports overall
reproductive wellness



**Manages
Stress**

Calms the mind
and supports
emotional well-being



**Enhances
Sleep**

Promotes deep,
restorative sleep



**Boosts
Energy**

Improves vitality
and daily
well-being

OUR AYURVEDIC APPROACH

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Analysis
- Diet & Nutrition Guidance
- Herbal Support (When Appropriate)
- Panchakarma Therapies
- Yoga & Lifestyle Recommendations
- Stress Management & Meditation
- Daily Routine (Dinacharya) Planning



LIFESTYLE SUPPORT



Balanced Nutrition

Eat warm, sattvic and
anti-inflammatory foods



Gentle Yoga

Improve flexibility, reduce
pain and support circulation



Meditation

Reduces stress and
promotes inner peace



Better Sleep

Establish a healthy sleep
routine for recovery



Herbal Support

Natural herbs to soothe,
nourish and balance

BENEFITS OF WELLNESS SUPPORT

- May help manage pain and discomfort
- Supports hormonal balance
- Improves energy and reduces fatigue
- Enhances emotional well-being
- Promotes healthy digestion
- Supports quality of life

“ Small changes in your daily routine can lead to big transformations in your health. Let Ayurveda guide you towards natural healing. ”



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MOTHER EARTH
TRAVEL AND TOURISM

MENSTRUAL PAIN MANAGEMENT

Natural Support for Every Cycle



You deserve to feel comfortable, balanced and empowered every day of your cycle.

Ayurveda offers natural and holistic ways to support menstrual comfort, reduce pain and promote overall well-being.

HOLISTIC CARE FOR HORMONAL BALANCE & WELL-BEING

HOW AYURVEDA CAN SUPPORT YOU



Balances Hormones

Supports natural hormonal balance



Reduces Pain & Discomfort

Helps reduce cramps and bloating naturally



Relaxes Mind & Body

Calm the nervous system and reduces stress



Improves Digestion

Supports healthy digestion and reduces inflammation



Better Sleep

Promotes deep and restorative sleep



Enhances Energy

Boosts vitality and improves daily well-being

OUR AYURVEDIC APPROACH

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Analysis
- Diet & Nutrition Guidance
- Herbal Support (When Appropriate)
- Ahhyanga & Ayurvedic Therapies
- Yoga & Lifestyle Recommendations
- Stress Management & Meditation
- Daily Routine (Dinacharya) Planning



DAILY SUPPORTIVE HABITS



Eat Nourishing Foods

Choose warm, cooked, easy-to-digest and sattvic foods.



Gentle Yoga

Practices that improve circulation and reduce muscle tension.



Meditation & Breathing

Helps calm the mind and manage stress.



Rest & Self Care

Adequate rest and self-care nourish your body and mind.



Herbal Support

Herbs like Ashoka, Shatavari, Ginger, Cinnamon may help (as advised by your physician).

BENEFITS YOU CAN EXPERIENCE

- Helps manage menstrual pain & cramps
- Supports hormonal balance
- Reduces bloating & discomfort
- Improves mood & emotional well-being
- Promotes healthy digestion
- Enhances energy & overall wellness



IMPORTANT NOTE

If your pain is severe, persistent, or interferes with daily life, consult a qualified healthcare professional. Ayurvedic care complements medical care and supports overall well-being.



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MOTHER EARTH
TRAVEL AND TOURISM

IRREGULAR PERIODS MANAGEMENT

Balance Your Cycle. Empower Your Life.



Ayurveda offers natural and holistic solutions to help regulate your cycle, balance hormones and improve overall well-being.

A personalized Ayurvedic approach can help address the root cause and support your body to restore its natural rhythm.

RESTORE
HORMONAL
BALANCE
NATURALLY

HOW AYURVEDA HELPS



Regulates Menstrual Cycle
Supports regular and healthy periods



Balances Hormones
Helps in balancing hormones naturally



Reduces Stress & Anxiety
Calms the mind and supports emotional well-being



Improves Digestion
Supports healthy digestion and nutrient absorption



Boosts Energy & Vitality
Improves energy levels and reduces fatigue



Enhances Skin & Hair
Promotes healthy skin and stronger hair

OUR AYURVEDIC APPROACH

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Analysis
- Diet & Nutrition Guidance
- Herbal Support (When Appropriate)
- Panchakarma Therapies
- Yoga & Lifestyle Recommendations
- Stress Management & Meditation
- Daily Routine (Dinacharya) Planning



LIFESTYLE & DIET SUPPORT



Eat Warm, Nourishing Foods
Choose sattvic, easy-to-digest foods that balance your doshas.



Gentle Yoga
Practices that support hormonal balance and reduce stress.



Meditation & Breathing
Helps calm the mind and improve hormonal balance.



Better Sleep
Quality sleep supports hormone regulation and overall health.



Herbal Support
Natural herbs may help support hormonal balance and cycle regularity (as advised).

BENEFITS YOU CAN EXPERIENCE

- Helps regulate irregular periods
- Reduces pain, bloating & discomfort
- Supports hormonal balance
- Improves mood & reduces stress
- Enhances energy & productivity
- Supports overall reproductive health

IMPORTANT NOTE

If your periods are absent for 2-3 months, very heavy, or accompanied by severe pain, please consult a qualified healthcare professional. Ayurveda complements medical care and supports overall well-being.



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MOTHER EARTH
TRAVEL AND TOURISM

PMS WELLNESS PROGRAM

Natural Support for Your Body, Mind & Emotions



PMS can bring mood changes, bloating, fatigue, cramps, and stress. Ayurveda helps you balance hormones, nourish your body and feel your best every month.

BALANCE
HORMONES
NATURALLY
LIVE
HAPPILY

HOW AYURVEDA SUPPORTS YOU



Balances Hormones

Supports hormonal harmony and menstrual balance



Reduces Stress & Anxiety

Calms the mind and improves emotional well-being



Reduces Bloating & Discomfort

Improves digestion and reduces water retention



Boosts Energy & Mood

Helps fight fatigue and supports better mood



Improves Sleep

Promotes deep and restorative sleep



Supports Healthy Skin & Hair

Nourishes your body for natural glow and shine

OUR AYURVEDIC APPROACH

- ✓ Personalized Ayurvedic Consultation
- ✓ Prakriti (Body Constitution) Analysis
- ✓ Diet & Nutrition Guidance
- ✓ Herbal Support (When Appropriate)
- ✓ Panchakarma Therapies
- ✓ Yoga & Lifestyle Recommendations
- ✓ Stress Management & Meditation
- ✓ Daily Routine (Dinacharya) Planning



LIFESTYLE & DIET SUPPORT



Eat Nourishing Foods
Warm, fresh, whole and satvic foods that balance your doshas.



Gentle Yoga
Simple asanas to relieve cramps, improve circulation and relax the body.



Meditation & Breathing
Helps manage stress, improve focus and emotional balance.



Better Sleep
Good sleep supports hormones and improves your overall well-being.



Herbal Support
Natural herbs help support hormonal balance and reduce PMS symptoms.

BENEFITS YOU CAN EXPERIENCE

- ✓ Reduces mood swings and irritability
- ✓ Relieves bloating, cramps & discomfort
- ✓ Supports hormonal balance
- ✓ Improves energy and mental clarity
- ✓ Promotes better sleep
- ✓ Enhances overall well-being

IMPORTANT NOTE

If PMS symptoms are severe or affect your daily life, please consult a qualified healthcare professional. Ayurveda complements medical care and supports your holistic wellness.



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MOTHER EARTH
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MENSTRUAL HYGIENE EDUCATION

Healthy Habits • Healthy Life • Healthy Future

Empowering every girl and woman with knowledge, awareness and natural care for a confident and healthy life.



WHY MENSTRUAL HYGIENE MATTERS?

- ✔ Prevents infections and irritation
- ✔ Promotes confidence and self-respect
- ✔ Supports overall reproductive health
- ✔ Helps in a comfortable daily life
- ✔ Builds healthy habits for life



WHAT YOU WILL LEARN



Understanding Your Cycle
Know your body and embrace your natural rhythm



Menstrual Hygiene
Learn the right hygiene practices for a healthy period



Choosing the Right Product
Understand options like pads, cups, and eco-friendly alternatives



Self-Care & Wellness
Yoga, relaxation, and stress management for menstrual comfort



Nutrition & Lifestyle
Balanced diet, hydration and healthy lifestyle guidance

AYURVEDIC WISDOM FOR WOMEN'S HEALTH

- ✔ Ayurvedic consultation & Prakriti analysis
- ✔ Personalized lifestyle guidance
- ✔ Herbal support for hormonal balance
- ✔ Yoga & mindfulness practices
- ✔ Daily routine (Dinacharya) guidance



TIPS FOR HEALTHY MENSTRUAL HYGIENE

- ✔ Change pads every 4-6 hours
- ✔ Wash hands before and after changing
- ✔ Keep the intimate area clean & dry
- ✔ Wear clean, breathable cotton underwear
- ✔ Use safe, quality menstrual products
- ✔ Dispose of used products responsibly
- ✔ Eat nourishing food and drink plenty of water
- ✔ Exercise regularly and get enough sleep



Take care of your body today for a healthier tomorrow.



EMPOWER • EDUCATE • ELEVATE
Because every woman deserves health, respect and confidence.

JOIN OUR MENSTRUAL HYGIENE EDUCATION PROGRAM TODAY!
For Girls, Women, Schools & Communities



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MOTHER EARTH
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UTERINE HEALTH AWARENESS

NURTURE YOUR HEALTH NATURALLY
WITH AYURVEDA

A healthy uterus supports a balanced body,
a calm mind and a brighter tomorrow.
Let's build a foundation for lifelong
women's wellness.



Healthy Uterus
Healthy Life
Stronger You

AYURVEDIC CONSULTATION

Personalized assessment for
your reproductive health
and overall well-being.



PRAKRITI ANALYSIS

Understand your body
constitution and dosha
balance for better
hormonal health.



LIFESTYLE ASSESSMENT

Evaluate diet, sleep,
stress and daily habits
for optimal uterine
wellness.



REPRODUCTIVE WELLNESS

Support for menstrual
health and overall
uterine well-being.



BALANCED NUTRITION

Nourish your body
with the right foods
for hormonal balance.



YOGA & MEDITATION

Improve circulation
and reduce stress
naturally.



HEALTHY SLEEP

Support your body's
natural healing
process.



STRESS MANAGEMENT

Calm your mind,
balance your emotions.



DAILY ROUTINE

Small habits today
for a healthier
tomorrow.

PERSONALIZED WELLNESS PLAN

- Ayurveda
- Herbal Guidance
- Lifestyle Support
- Holistic Care



TIPS FOR UTERINE HEALTH

- Eat a balanced, nutritious diet
- Stay hydrated
- Regular exercise and yoga
- Manage stress effectively
- Get adequate sleep
- Maintain personal hygiene
- Regular health check-ups



AYURVEDIC SUPPORT

Simple, natural and effective
Ayurvedic approaches to
support your reproductive
health and overall well-being.



IMPORTANT NOTE

This program is for educational purposes and complements your overall health care.
For personal health concerns, please consult a qualified healthcare professional.



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Better Life



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A Holistic Approach for a Healthier Tomorrow



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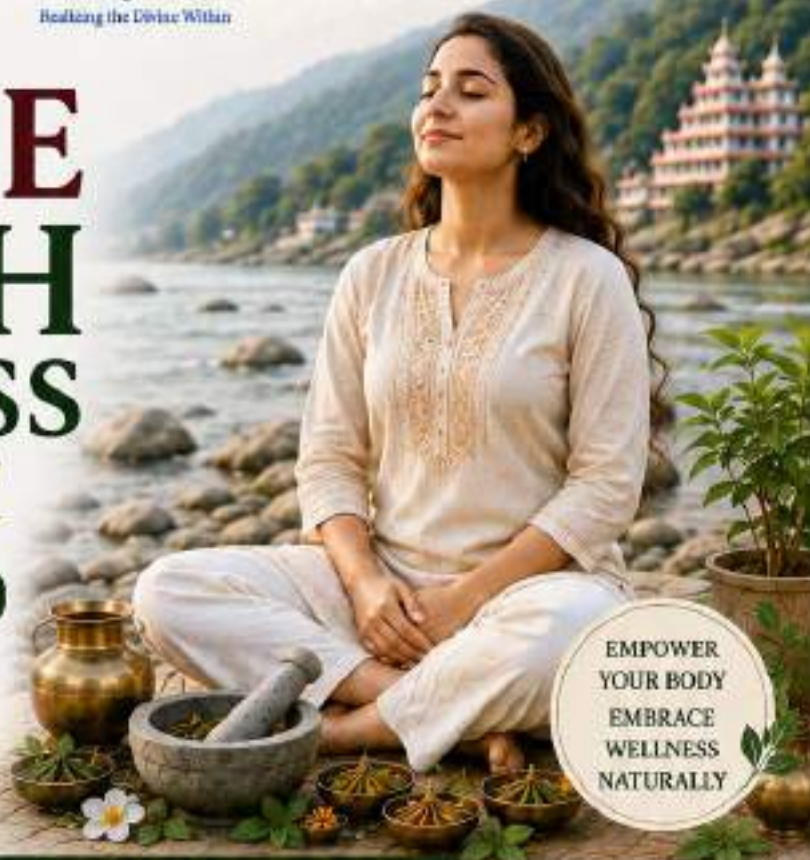
UTERINE HEALTH AWARENESS

**NURTURE YOUR HEALTH
NURTURE YOUR LIFE**



AWARENESS • PREVENTION • WELLNESS

A healthy uterus is essential for overall women's well-being. Ayurveda offers natural and holistic ways to support uterine health, hormonal balance and reproductive wellness.



**EMPOWER
YOUR BODY
EMBRACE
WELLNESS
NATURALLY**

HOW AYURVEDA SUPPORTS UTERINE HEALTH



**Supports
Hormonal Balance**
Helps regulate hormones
and maintain menstrual
health



**Improves
Reproductive Health**
Promotes healthy
ovulation and
reproductive wellness



**Reduces Stress
& Inflammation**
Calm the mind,
reduces inflammation
and supports healing



**Detoxifies
Naturally**
Supports natural detox
and removes toxins
from the body



**Strengthens
Uterine Health**
Nourishes and
strengthens uterine
tissues naturally



**Enhances Overall
Well-being**
Improves energy,
mood and overall
quality of life

OUR AYURVEDIC APPROACH

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Analysis
- Diet & Nutrition Guidance
- Herbal Support (When Appropriate)
- Panchakarma Therapies
- Yoga & Lifestyle Recommendations
- Stress Management & Meditation
- Daily Routine (Dinacharya) Planning



LIFESTYLE & DIET SUPPORT



Eat Nourishing Foods
Choose warm, cooked,
sattvic foods rich in
nutrients.



Practice Yoga
Gentle yoga helps improve
blood circulation and
hormonal balance.



Meditation & Breathing
Helps reduce stress and
promotes emotional
well-being.



Quality Sleep
Adequate sleep supports
hormonal balance and
cellular repair.



Herbal Support
Herbs like Ashoka, Lodhra,
Shatavari, and Ginger support
uterine health (as advised).

BENEFITS YOU CAN EXPERIENCE

- Supports healthy menstrual cycle
- Helps manage cramps & discomfort
- Promotes hormonal balance
- Supports fertility & reproductive wellness
- Improves energy & reduces fatigue
- Enhances mood & emotional well-being
- Supports overall women's health

IMPORTANT NOTE

This program is for educational and wellness purposes only and not a substitute for medical treatment. Please consult a qualified healthcare professional for any health concerns or medical conditions.



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MOTHER EARTH
TRAVEL AND TOURISM

CERVICAL HEALTH EDUCATION

AWARENESS • PREVENTION • WELLNESS

Empowering women with knowledge and healthy choices for a safe, healthy and confident tomorrow.

Early
Awareness
Can Protect
Your Future

WHY CERVICAL HEALTH MATTERS?

- ✓ Cervical cancer is preventable.
- ✓ Early detection saves lives.
- ✓ Regular screening is important.
- ✓ HPV vaccination can help protect.
- ✓ Healthy lifestyle supports prevention.



WHAT YOU WILL LEARN



Understanding Cervical Health

Learn about the cervix and its importance



HPV Awareness

Know about HPV, its risks and prevention



Screening & Early Detection

Importance of Pap test, HPV test and regular check-ups



Healthy Lifestyle

Nutrition, exercise and daily habits for women's wellness



Mind-Body Wellness

Yoga, meditation and stress management for overall health

TIPS FOR CERVICAL HEALTH

- ✓ Get regular cervical screening as recommended by your healthcare provider
- ✓ Practice safe hygiene and self-care
- ✓ Eat a balanced, nutritious diet rich in fruits, vegetables and whole foods
- ✓ Stay physically active and maintain a healthy weight
- ✓ Avoid smoking and limit alcohol consumption
- ✓ Manage stress and get adequate sleep
- ✓ Get HPV vaccination as advised by your doctor



Knowledge is Power.
Prevention is Peace of Mind.

WHEN TO SEE A DOCTOR?

- ✓ Abnormal vaginal bleeding
- ✓ Unusual discharge
- ✓ Pelvic pain or discomfort
- ✓ Pain during intercourse
- ✓ Any changes in menstrual pattern

Don't ignore the signs.
Consult a healthcare professional.



Your Health. Your Responsibility.
Our Support. Your Strength.

**JOIN OUR CERVICAL HEALTH
EDUCATION PROGRAM TODAY!**

For Women, Schools & Communities



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WOMEN
EMPOWERMENT



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BREAST SELF-EXAMINATION TRAINING

KNOW YOUR BODY, PROTECT YOUR HEALTH

Early awareness of breast changes can make a big difference. Learn the right technique of breast self-examination and take charge of your health.

EARLY
AWARENESS
SAVES
LIVES



WHAT YOU WILL LEARN



When to Perform Self-Exam

Best time and frequency for self-examination



Step-by-Step Technique

Learn the correct method in easy steps



What to Look For

Know normal changes and warning signs



When to See a Doctor

Understand when it's important to seek medical advice



Early Detection Saves Lives

Timely action can lead to better outcomes

HOLISTIC WOMEN'S WELLNESS

- Ayurvedic Consultation & Prakriti Analysis
- Balanced Nutrition for Hormonal Health
- Yoga & Meditation for Stress Management
- Herbal Support & Lifestyle Guidance
- Daily Routine for Overall Well-being



HOW TO PERFORM BREAST SELF-EXAMINATION



1. LOOK

Stand in front of a mirror and look for any changes in size, shape, or skin.



2. RAISE

Raise your arms and look for any changes or dimpling.



3. LIE DOWN

Lie down and place a pillow under your shoulder. Examine each breast.



4. CIRCULAR MOTION

Use the pads of your fingers to feel in small circles, from outside to inside.



5. SQUEEZE

Gently squeeze the nipple and check for any discharge.

Note: This is an awareness practice and does not replace medical check-ups. Consult a qualified healthcare professional for regular screenings.

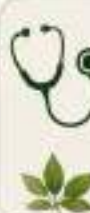
TIPS FOR BREAST HEALTH

- Eat a nutritious diet rich in fruits, vegetables and whole grains
- Maintain a healthy weight
- Exercise regularly
- Avoid smoking and limit alcohol
- Manage stress and get quality sleep
- Wear a well-fitted, comfortable bra
- Get regular clinical exams and mammograms as recommended



OUR TRAINING PROGRAM INCLUDES

- Educational Session with Experts
- Live Demonstration & Practice
- Educational Materials & Handouts
- Q&A and Doubt Clearing
- Support for a Healthy Lifestyle



Early awareness is the key to long-term health and happiness.

WHO SHOULD ATTEND?

- Women of all ages
- College students
- Working women
- Housewives
- Caregivers and health enthusiasts

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For Women, Schools, Colleges, Corporates & Community Groups

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EMPOWER OTHERS.

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BREAST WELLNESS AWARENESS

AWARENESS TODAY, HEALTHY TOMORROW

Breast wellness is an essential part of every woman's overall well-being. Learn, care and empower yourself for a healthier and happier life.



Early Awareness Can Save Lives

WHY BREAST WELLNESS MATTERS?

- ✓ Breast cancer is the most common cancer among women worldwide.
- ✓ Early detection and timely action greatly increase the chances of recovery.
- ✓ Healthy lifestyle and regular screening support long-term breast health.
- ✓ Self-awareness is the first step towards prevention.



HOLISTIC APPROACH TO BREAST WELLNESS



Ayurveda
Balance doshas, detoxify and rejuvenate



Nutrition
Eat a balanced diet rich in antioxidants



Yoga & Meditation
Improve immunity, reduce stress and promote healing



Active Lifestyle
Regular exercise maintains healthy weight & hormones



Good Sleep
Quality sleep supports hormonal balance

BREAST SELF-AWARENESS

A simple 5-step self-check every month



1. LOOK

Look for changes in size, shape, or color.



2. RAISE

Raise your arms and look for any changes.



3. FEEL

Use your fingertips to feel your entire breast.



4. SQUEEZE

Gently squeeze nipple and check for discharge.



5. REPEAT

Repeat while lying down.

Do this once a month, a few days after your menstrual period for best results.

SIGNS TO LOOK FOR

- New lump or thickening in the breast
- Change in size, shape or appearance
- Skin dimpling or puckering
- Redness, scaliness or rash on breast
- Nipple inversion or change in position
- Nipple discharge (especially bloody)
- Persistent pain in one area



If you notice any of these signs, consult a healthcare professional.

AYURVEDIC SUPPORT FOR BREAST WELLNESS

- ✓ Herbal support for hormonal balance
- ✓ Detoxification therapies
- ✓ Stress management
- ✓ Improved digestion & metabolism
- ✓ Personalized diet & lifestyle guidance



SCREENING & MEDICAL CHECK-UPS

Regular clinical breast examination and mammography (as per age & risk) are important for early detection.



Consult your doctor regularly



Follow age-appropriate screening



Don't ignore any changes or symptoms



Prevention is better than cure



**EMPOWER YOURSELF.
EMPOWER OTHERS.**

Make breast wellness a priority for yourself and your loved ones.

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PROGRAM TODAY!**

For Women, Schools, Corporates & Communities



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MOTHER EARTH
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PREGNANCY PREPARATION PROGRAM

Prepare Naturally for a Healthy Pregnancy

A healthy pregnancy begins with healthy choices today. Our Ayurvedic approach helps you prepare your body, mind and spirit for a joyful parenthood journey.

Healthy Parents
Healthy Baby



WHY PREPARE BEFORE PREGNANCY?



Supports healthy conception



Balances hormones and improves reproductive health



Strengthens immunity and overall wellness



Reduces stress and promotes emotional balance



Prepares body for a healthy pregnancy



OUR HOLISTIC APPROACH



AYURVEDIC CONSULTATION

Personalized consultation and Prakriti analysis to understand your unique body constitution and health needs.



NUTRITION GUIDANCE

Customized diet plans with whole, natural and sattvic foods to nourish your body and support fertility.



YOGA & MEDITATION

Special yoga and meditation practices to balance hormones, reduce stress and improve well-being.



BETTER SLEEP & DAILY ROUTINE

Healthy sleep habits and daily routine (Dinacharya) to support natural rhythms of the body.



HERBAL SUPPORT

Personalized Ayurvedic herbal formulations to support reproductive health and prepare the body naturally.



MIND & EMOTIONAL WELLNESS

Counselling, stress management and positive mindset guidance for emotional and mental well-being.

PROGRAM INCLUDES

- Initial consultation & health assessment
- Prakriti (body constitution) analysis
- Personalized diet & lifestyle plan
- Yoga, pranayama & meditation guidance
- Herbal recommendations (as per individual needs)
- Detoxification & rejuvenation therapies (if required)
- Stress management & emotional wellness support
- Preconception care education
- Follow-up & ongoing support



IDEAL FOR

- Women planning pregnancy
- Couples preparing for conception
- Those with hormonal imbalances
- Irregular cycles or PCOS
- Stress, fatigue or lifestyle disorders



“ Good preparation today creates a foundation for a healthy pregnancy and a happy baby. ”



This program is supportive in nature and not a substitute for medical treatment. Always consult your doctor for medical conditions.

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MOTHER EARTH
TRAVEL AND TOURISM

NEW MOTHER'S NUTRITION

✿ NOURISHING MOTHER, NURTURING BABY ✿

The right nutrition after childbirth helps in quick recovery, boosts energy, supports lactation and promotes overall well-being.



BENEFITS OF PROPER NUTRITION

- Supports faster recovery & healing
- Boosts energy and reduces fatigue
- Improves quality of breast milk
- Strengthens immunity
- Supports hormonal balance
- Promotes healthy weight management
- Enhances mood and overall well-being

WHAT A NEW MOTHER SHOULD EAT

WHOLE GRAINS	PROTEIN-RICH FOODS	HEALTHY FATS	FRESH VEGETABLES	FRUITS	HERBAL DRINKS
Brown rice, millets, oats, quinoa, whole wheat	Moong dal, lentils, paneer, ghee, nuts, seeds, milk	Ghee, almonds, walnuts, flaxseeds, sesame seeds	Cooked seasonal vegetables for easy digestion	Papaya, banana, pomegranate, berries, dates	Jeera water, fenugreek tea, cumin tea, herbal milk



Eat warm, fresh and home-cooked meals



Stay hydrated with herbal drinks



Eat small, frequent meals



Avoid processed, junk and cold foods



Listen to your body and eat mindfully

AYURVEDIC GUIDANCE FOR NEW MOTHERS

- Personalized diet based on Prakriti (body constitution)
- Focus on easy-to-digest, warm and nourishing foods
- Use of Ayurvedic spices like jeera, ajwain, hing, turmeric, saunf
- Adequate hydration and rest
- Include wholesome herbs and superfoods
- Gentle yoga, pranayama and meditation
- Daily oil massage (Abhyanga) for strength and relaxation



SAMPLE DAY MEAL PLAN

Early Morning	Warm water with lemon & honey
Breakfast	Moong dal chilla, coconut chutney, herbal tea
Mid Morning	Fresh fruit or dry fruits
Lunch	Brown rice, dal, cooked vegetables, salad, ghee
Evening	Herbal tea, roasted makhana or nuts
Dinner	Vegetable soup, khichdi, ghee
Bedtime	Warm milk with turmeric or nutmeg

PERSONALIZED NUTRITION CARE

Our Ayurvedic experts provide personalized nutrition guidance to help you recover better and enjoy a healthy motherhood journey.

- Prakriti Analysis
- Personalized Diet Plan
- Nutrition Counseling
- Lactation Support
- Lifestyle & Wellness Guidance



NOURISH YOUR BODY, EMBRACE MOTHERHOOD.

A healthy mother creates a strong foundation for a healthy and happy baby.



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Where Tradition Meets Wellness



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Rishikesh, Uttarakhand, India



LACTATION ENHANCEMENT GUIDANCE

SUPPORTING MOTHERS,
NOURISHING BABIES

Empowering mothers with the right knowledge, nutrition and holistic care to support healthy lactation and overall well-being.



HOW WE SUPPORT YOU

-  Improves milk production naturally
-  Supports infant growth and immunity
-  Enhances maternal nutrition and energy
-  Reduces stress and promotes relaxation
-  Promotes overall health and well-being

OUR EXPERT GUIDANCE INCLUDES

- | | | | | |
|---|---|---|--|---|
| 
BREASTFEEDING EDUCATION
Proper positioning, latching & feeding techniques | 
NUTRITION GUIDANCE
Ayurvedic diet, galactagogues & nourishing foods | 
HYDRATION SUPPORT
Adequate fluids and herbal beverages | 
LIFESTYLE & WELLNESS
Rest, yoga, breathing & stress management | 
AYURVEDIC CARE
Personalized herbal & Ayurvedic wellness support |
|---|---|---|--|---|

NOURISHING FOODS TO SUPPORT LACTATION



Whole Grains & Nuts



Seeds (Flax, Fennel, Sesame)



Leafy Greens & Vegetables



Pulses & Legumes



Seasonal Fruits & Dry Fruits



Herbal Drinks (Jeera, Fennel, Shatavari)

AYURVEDIC GALACTAGOGUES

- Shatavari
- Methi (Fenugreek)
- Saunf (Fennel)
- Jeera (Cumin)
- Ajwain (Carom Seeds)
- Dill Seeds



PERSONALIZED AYURVEDIC CARE

Our Ayurvedic experts assess your Prakriti (body constitution) and postnatal condition to create a personalized plan for lactation enhancement.

- Prakriti Analysis
- Personalized Diet Plan
- Ayurvedic Herbal Support
- Postnatal Yoga Guidance
- Emotional & Mental Wellness



IDEAL FOR

- New mothers
- Struggling with low milk supply
- Mothers seeking natural support
- Postnatal recovery and wellness



Nature. Nutrition.
Ayurveda.
Holistic Support.
Stronger Together.



AUTHENTIC
AYURVEDIC
GUIDANCE



HOLISTIC
MOTHER & BABY
CARE



EXPERT
PRACTITIONERS



SAFE, NATURAL &
PERSONALIZED

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NATURAL CARE • HOLISTIC WELLNESS • EMPOWERED MOTHERHOOD • HEALTHY FUTURE

BABY BONDING PRACTICES

 **BUILDING LOVE, TRUST & LIFELONG CONNECTION** 

The bond you create today shapes your baby's tomorrow. Simple practices of love, touch and care bring security, happiness and healthy development.



EASY & EFFECTIVE PRACTICES

BENEFITS OF BABY BONDING

-  Strengthens emotional connection
-  Boosts baby's brain development
-  Enhances sense of security and trust
-  Supports healthy physical and emotional growth
-  Encourages better sleep and relaxation
-  Builds confidence in parents
-  Creates happy and healthy family relationships



SKIN-TO-SKIN CARE

Promotes warmth, security and breastfeeding success



EYE CONTACT & SMILING

Helps in emotional connection and communication



GENTLE TOUCH & MASSAGE

Supports relaxation, circulation and healthy growth



TALK & SING

Encourages language development and emotional bonding



QUALITY TIME TOGETHER

Strengthens family bond and creates beautiful memories

AYURVEDIC SUPPORT FOR PARENTS

-  Postnatal recovery and rejuvenation
-  Balanced nutrition for mother
-  Stress relief and relaxation
-  Adequate rest and healthy routine
-  Herbal support for vitality and wellness
-  Emotional well-being and self-care



WHAT PARENTS LEARN

-  Understanding your baby's needs
-  Safe handling and comforting techniques
-  Establishing routines and healthy habits
-  Managing fussiness and colic naturally
-  Building trust and emotional security
-  Mindful parenting and self-care



WHO CAN JOIN?

-  New Parents
-  Expecting Parents
-  Grandparents & Family Members
-  Caregivers
-  Anyone who wants to build a stronger bond with baby



OUR HOLISTIC APPROACH



AYURVEDA



NUTRITION



PARENT EDUCATION



EMOTIONAL WELL-BEING



FAMILY WELLNESS

 Holistic care for a healthy baby and a happy family. 

IDEAL FOR

-  0 - 12 Months Babies
-  Strengthening Parent-Child Bond
-  Healthy Development
-  Happy & Connected Family



NURTURE TODAY, THRIVE TOMORROW

Every touch, every smile and every moment of love builds a lifetime of trust and happiness.



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Om Ayurveda
Authentic Ayurvedic Care



Care with Compassion



GodIsYou.net
Understanding Your Own Self
Realizing the Divine Within



MOTHER EARTH
TRAVEL AND TOURISM

POSTPARTUM MENTAL WELLNESS

Caring for Mother's Mind, Body & Heart

Motherhood is a beautiful journey.
Your well-being matters too.
We are here to support you with
Ayurveda, care and compassion.



Healthy
Mind
Strong
Mom
Happy
Baby

WHY IT MATTERS

-  Reduces Stress & Anxiety
-  Improves Mood & Emotional Balance
-  Supports Better Sleep
-  Enhances Energy & Focus
-  Strengthens Mother-Baby Bond
-  Promotes Overall Well-Being

OUR PROGRAM INCLUDES



Ayurvedic
Wellness
Consultation



Prakriti
Analysis



Stress
Management



Meditation &
Breathing



Gentle
Postnatal
Yoga



Balanced
Nutrition
Guidance



Healthy
Sleep
Habits



Self-Care &
Emotional
Support

AYURVEDIC SUPPORT

- Personalized Care
- Herbal Guidance
- Detox & Rejuvenation
- Postnatal Wellness
- Holistic Healing



MENTAL WELLNESS

- Emotional Balance
- Stress Relief
- Mindfulness Practices
- Self-Care Guidance
- Stronger You, Stronger Tomorrow



FOR A BETTER TOMORROW

- More Confidence
- Better Mood
- Stronger Health
- Happy Mother
- Healthy Baby



WHO CAN BENEFIT

-  New Mothers
-  Postpartum Recovery
-  Emotional Well-Being
-  Stress & Anxiety
-  Sleep & Energy Support



OUR HOLISTIC APPROACH



AYURVEDA



MIND



BODY



EMOTIONS



NATURAL
HEALING

A holistic approach to help you
heal, recharge and embrace
motherhood with confidence.

YOU ARE DOING AMAZING

You matter.
You are enough.
You are a Super Mom



Authentic
Ayurveda



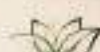
Holistic
Care



Expert
Guidance



Natural
Healing



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NATURAL CARE



HOLISTIC WELLNESS



WOMEN'S WELLNESS



NATURAL HEALING



POSTPARTUM MENTAL WELLNESS

CARING FOR MOTHER'S MIND,
BODY & HEART

Motherhood is a beautiful journey that deserves love, support and self-care. Nurture your mental well-being, embrace healing and thrive in this new chapter.



WHY POSTPARTUM MENTAL WELLNESS MATTERS



Reduces stress, anxiety and overwhelm



Improves bonding and emotional connection



Enhances mood, energy and resilience



Supports better sleep and recovery



Strengthens overall well-being and immunity

OUR SUPPORT INCLUDES

- Emotional well-being support
- Stress management techniques
- Ayurvedic consultation & guidance
- Prakriti (body constitution) analysis
- Personalized lifestyle & diet plan
- Yoga, meditation & relaxation
- Better sleep & daily routine planning
- Self-care & mindfulness practices
- Support for new moms & families

HOLISTIC CARE FOR A HEALTHIER YOU



NOURISHING NUTRITION

Savory, balanced meals to support mood & energy



GENTLE YOGA & BREATHWORK

Soothes the mind, relaxes the body & reduces stress



MINDFULNESS & MEDITATION

Calms the mind, improves focus & emotional balance



AYURVEDIC WELLNESS

Herbal support & therapies for mental and physical healing

PERSONALIZED AYURVEDIC CONSULTATION

Our Ayurvedic experts understand your unique needs and create a personalized plan to support your mental health and postnatal recovery.

- Prakriti Analysis
- Ayurvedic Diet & Herbal Support
- Lifestyle & Daily Routine Guidance
- Emotional & Mental Wellness Support



DAILY PRACTICES FOR INNER WELLNESS

- Start the day with gratitude & positive affirmations
- Stay hydrated & eat nourishing, warm meals
- Take short breaks & rest when the baby sleeps
- Connect with nature & sunlight
- Ask for help & share your feelings
- Be kind to yourself - you are enough



**YOU MATTER.
YOUR WELL-BEING
MATTERS.**

Care for your mind,
heal your heart and
embrace this beautiful
journey of motherhood.



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PELVIC FLOOR STRENGTHENING

RESTORE STRENGTH, STABILITY & CONFIDENCE

Strong pelvic floor. Strong core. Strong you.

Our holistic program helps women of all ages strengthen their pelvic floor muscles through safe exercises, Ayurvedic wellness, and personalized lifestyle guidance.



WHY PELVIC FLOOR HEALTH MATTERS

-  Supports bladder & bowel control
-  Improves core stability & posture
-  Enhances sexual wellness
-  Supports recovery after pregnancy & childbirth
-  Helps prevent prolapse & incontinence
-  Boosts confidence in everyday life

OUR PROGRAM INCLUDES

- | | | | | | |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
| ASSESSMENT & EVALUATION | PELVIC FLOOR EXERCISES | BREATHING & RELAXATION | CORE & POSTURE TRAINING | YOGA & STRETCHING | AYURVEDIC WELLNESS |
| Personalized assessment of pelvic health, posture & core strength | Safe & effective exercises to strengthen pelvic muscles | Breathing techniques for relaxation & muscle control | Core stability & posture correction for overall body balance | Gentle yoga practices to improve flexibility & strength | Ayurvedic guidance, nutrition & lifestyle support for long term wellness |

AYURVEDIC SUPPORT

- Prakriti (Body Constitution) Analysis
- Personalized Diet & Nutrition Guidance
- Herbal Support for Muscle Strength & Recovery
- Daily Routine (Dinacharya) Guidance
- Stress Management & Mental Wellness



SAFE • EFFECTIVE • HOLISTIC



- Personalized Care
- Expert Guidance
- Holistic Approach
- Supports Women at Every Stage of Life
- Restore Strength, Improve Confidence, Enhance Quality of Life

WHO CAN BENEFIT?

- Postpartum Women
- Women with Weak Core or Pelvic Muscles
- Women with Urinary Incontinence
- Women with Pelvic Discomfort
- Women of All Ages

PROGRAM HIGHLIGHTS

- | | | |
|---|---|---|
|  |  |  |
| 1-on-1 Guidance | Customized Plan | Progress Tracking |
|  |  |  |
| Safe & Gentle Approach | Ayurveda + Modern Science | Long-term Results |

A stronger you leads to a healthier you.



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NURTURE. HEAL. STRENGTHEN.

Holistic care for a strong foundation and a confident life.

CORE RECOVERY EXERCISES

 **RESTORE STRENGTH, STABILITY & CONFIDENCE**

Rebuild your core safely after pregnancy, surgery or periods of inactivity with guided exercises, Ayurvedic support and personalized care.



WHY CORE RECOVERY MATTERS

-  Improves core strength and stability
-  Supports better posture and back health
-  Enhances pelvic floor coordination
-  Helps regain balance and functional movement
-  Boosts energy, confidence and overall well-being

OUR CORE RECOVERY PROGRAM INCLUDES

- | | | | | | |
|---|--|--|--|--|--|
| 
ASSESSMENT & EVALUATION
Personalized assessment of posture, core strength and movement | 
CORE ACTIVATION
Learn gentle exercises to activate deep core muscles safely | 
BREATHING & ALIGNMENT
Breathing techniques to support core engagement and alignment | 
PELVIC FLOOR COORDINATION
Improve pelvic floor function and core connection | 
STRETCH & MOBILITY
Increase flexibility, release tension and improve mobility | 
STRENGTH BUILDING
Progressive exercises to build strength, endurance and confidence |
|---|--|--|--|--|--|

AYURVEDIC SUPPORT FOR RECOVERY



- ✓ Prakriti (Body Constitution) Analysis
- ✓ Personalized Diet & Nutrition Guidance
- ✓ Herbal Support for Strengths & Healing
- ✓ Abhyanga & Ayurvedic Therapies
- ✓ Daily Routine (Dinacharya) Guidance
- ✓ Stress Management & Mental Wellness

SAFE • EFFECTIVE • HOLISTIC



- ✓ Personalized Care
- ✓ Expert Guidance
- ✓ Holistic Approach
- ✓ Supports Recovery at Every Stage
- ✓ Restore Strength, Improve Function, Enhance Quality of Life

WHO CAN BENEFIT?

-  Postpartum Women
-  Women with Weak Core or Abdominal Muscles
-  Women with Lower Back Discomfort
-  Women with Poor Posture
-  Anyone Looking to Improve Core Strength

PROGRAM HIGHLIGHTS

- | | | |
|---|--|--|
| 
1-on-1 Guidance | 
Customized Plan | 
Progress Tracking |
| 
Safe & Gentle Approach | 
Ayurveda + Modern Science | 
Long-term Results |

A stronger core leads to a stronger you.



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CAESAREAN RECOVERY WELLNESS

Heal Gently, Recover Completely

A compassionate Ayurvedic approach to support your healing, restore your strength and help you embrace motherhood with confidence.



WHY SPECIAL CARE AFTER CAESAREAN?

- Major surgery needs proper healing
- Supports faster & safer recovery
- Reduces pain, inflammation & fatigue
- Improves strength, mobility & posture
- Enhances milk production & energy
- Supports emotional well-being

OUR CAESAREAN RECOVERY PROGRAM INCLUDES

 AYURVEDIC CONSULTATION Personalized assessment of your recovery, diet, lifestyle & prakriti (body constitution).	 GENTLE MOVEMENT & BREATHING Safe breathing exercises, gentle stretches & guided movement to improve circulation & mobility.	 NUTRITION GUIDANCE Ayurvedic diet plans, herbal support & recipes to promote healing, energy & lactation.	 RELAXATION & STRESS RELIEF Relaxation techniques, meditation & self-care practices for mental wellness.	 STRENGTH & POSTURE SUPPORT Gradual core recovery, posture correction & strength-building for a stronger body.
--	---	---	---	---

AYURVEDIC SUPPORT



- Abhyanga (herbal oil massage) to reduce pain & stiffness
- Herbal therapies to support wound healing
- Detoxification & rejuvenation for overall wellness
- Herbal formulations to improve immunity & strength

BENEFITS YOU CAN EXPECT

- | | | | | | |
|--------------------|----------------------------|-----------------------|----------------------------|-----------------------|-----------------------|
|
Faster Healing |
More Energy & Vitality |
Improved Mobility |
Better Milk Production |
Emotional Balance |
Stronger Immunity |
|--------------------|----------------------------|-----------------------|----------------------------|-----------------------|-----------------------|

WHO CAN BENEFIT?

- Women after Caesarean delivery
- Post-surgery recovery support
- Weak cores or low back discomfort
- Fatigue, stress & low energy
- Any stage of motherhood



OUR HOLISTIC APPROACH

Ayurveda • Nutrition • Movement • Mind • Lifestyle

A holistic path to help you heal, restore & embrace motherhood joyfully.



This program complements medical care. Please follow your doctor's advice. Consult your healthcare professional before starting any new exercise or therapy.

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NATURAL POSTPARTUM REJUVENATION

HEAL • RESTORE • THRIVE

Nurturing Mothers, Healthy Families, Happy Futures

Our natural & holistic approach helps new mothers recover physically, mentally and emotionally after childbirth using the timeless wisdom of Ayurveda. Rebalance your body, boost energy and embrace motherhood with confidence.



WHY POSTPARTUM CARE IS IMPORTANT

- Supports faster & safe recovery
- Rebuilds strength & stamina
- Balances hormones naturally
- Improves mood & reduces stress
- Enhances lactation & nourishment
- Strengthens immunity
- Promotes long-term well-being

OUR NATURAL POSTPARTUM REJUVENATION PROGRAM INCLUDES

					
AYURVEDIC CONSULTATION	NOURISHING NUTRITION	GENTLE YOGA & BREATHING	RELAXATION & MEDITATION	AYURVEDIC WELLNESS THERAPIES	LIFESTYLE GUIDANCE
Personalized assessment & recovery planning	Wholesome, Ayurvedic meals & herbal support	Safe postnatal yoga & breathing for healing & energy	Calm your mind, reduce stress & promote better sleep	Abhyanga, steam, herbal therapies* & more	Daily routine, self-care & emotional well-being
					

100% NATURAL • SAFE • HOLISTIC • PERSONALISED CARE

AYURVEDIC SUPPORT



- Herbal formulations to heal & strengthen
- Detoxification & rejuvenation
- Improves digestion & metabolism
- Supports immunity & vitality

WHO CAN BENEFIT?



- Postpartum women (Normal or C-section)
- Low energy & fatigue
- Poor sleep & stress
- Hormonal imbalance
- Lactation support
- Anyone seeking natural healing

BENEFITS YOU CAN EXPECT

- | | | | |
|---|---|---|---|
|  Faster Recovery |  More Energy |  Better Mood |  Healthy Lactation |
|  Stronger Immunity |  Pain & Stress Relief |  Healthy Weight Balance |  Radiant Well-being |



HOLISTIC CARE FOR MOTHER & BABY
Because a healthy mother builds a healthy future.

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MENOPAUSE AWARENESS

EMBRACE A HEALTHY NEW CHAPTER

Menopause is a natural stage of life. With the right knowledge, healthy lifestyle choices and holistic care, every woman can experience this phase with confidence, balance and vitality.



COMMON SYMPTOMS

-  Hot flashes & night sweats
-  Mood swings & irritability
-  Fatigue & low energy
-  Poor sleep
-  Weight gain & bloating
-  Low bone density
-  Decreased concentration
-  Hair thinning & dry skin

OUR MENOPAUSE WELLNESS PROGRAM INCLUDES

						
AYURVEDIC CONSULTATION	HORMONAL BALANCE	NUTRITION GUIDANCE	YOGA & BREATHING	STRESS MANAGEMENT	BETTER SLEEP	HERBAL & AYURVEDIC SUPPORT
Personalized assessment to understand your unique needs	Natural support to balance hormones and reduce discomfort	Savory diet plans to boost energy and overall well-being	Gentle yoga and breathing to improve flexibility & reduce stress	Meditation & relaxation techniques for emotional balance	Natural techniques to promote restful & refreshing sleep	Safe & effective herbal solutions for long term wellness

AYURVEDIC SUPPORT



-  Herbal formulations to manage symptoms
-  Detoxification to rejuvenate body & mind
-  Improves digestion & metabolism
-  Supports heart, bone & joint health
-  Enhances immunity & vitality

BENEFITS YOU CAN EXPECT

			
Better Hormonal Balance	More Energy & Vitality	Improved Mood & Focus	Healthy Weight Management
			
Stronger Bones	Glowing Skin & Healthy Hair	Better Sleep	Overall Well-being

WHO CAN BENEFIT?

- Women approaching menopause
- Women experiencing symptoms
- Post-menopausal women
- Anyone seeking natural hormonal balance & wellness



OUR HOLISTIC APPROACH

Ayurveda • Nutrition • Yoga • Lifestyle
Mind • Body • Spirit

A holistic path to help you feel
your best, naturally.



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PERIMENOPAUSE WELLNESS

BALANCE YOUR BODY. CALM YOUR MIND. EMBRACE YOUR STRENGTH.

Perimenopause is a natural transition that brings hormonal changes and new challenges. With the right knowledge, lifestyle, nutrition and Ayurvedic support, you can feel balanced, energized and in control.



COMMON SIGNS OF PERIMENOPAUSE

- Irregular periods
- Hot flashes & night sweats
- Mood swings & irritability
- Fatigue & low energy
- Sleep disturbances
- Brain fog & poor concentration
- Weight gain & bloating
- Low libido
- Anxiety & stress
- Bone & joint discomfort

OUR PERIMENOPAUSE WELLNESS PROGRAM INCLUDES

					
AYURVEDIC CONSULTATION	PRAKRITI ANALYSIS	NUTRITION GUIDANCE	YOGA & BREATHING	STRESS MANAGEMENT	LIFESTYLE SUPPORT
Personalized assessment to understand your body, mind and hormonal health	Know your body constitution and imbalances for personalized care	Sattvic diet plans to balance hormones, improve energy and digestion	Gentle yoga and breathing techniques to reduce stress and support hormonal balance	Meditation & relaxation techniques for emotional well-being	Daily routine, sleep hygiene and self-care for overall wellness
					

AYURVEDIC SUPPORT



- Herbal formulations to balance hormones naturally
- Detoxification & rejuvenation therapies
- Improves digestion & metabolism
- Supports mental clarity & emotional balance
- Strengthens immunity & vitality

BENEFITS YOU CAN EXPECT

				
Hormonal Balance	Better Energy	Improved Mood	Better Sleep	Healthy Weight
				
Stronger Bones	Glowing Skin & Healthy Hair	Reduced Stress	Better Digestion	Overall Well-being

WHO CAN BENEFIT?

- Women in their late 30s to 50s
- Irregular periods & hormonal changes
- Mood swings, anxiety & stress
- Fatigue, sleep issues & low energy
- Weight gain & metabolic concerns
- Anyone seeking natural wellness support



OUR HOLISTIC APPROACH

Ayurveda • Nutrition • Yoga • Lifestyle
Mind • Body • Spirit

A holistic path to help you navigate perimenopause with confidence, balance and vitality.



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Meets Wellness



Embrace change.
Embrace yourself.

HORMONAL BALANCE RETREAT

Restore Balance. Renew You. Reclaim Your Energy.

A holistic Ayurvedic retreat to support hormonal health, reduce stress, improve sleep, boost energy and promote overall well-being naturally.



OUR HORMONAL BALANCE RETREAT INCLUDES

 AYURVEDIC CONSULTATION Personalized assessment of your body constitution and hormonal health 	 NUTRITIOUS AYURVEDIC FOOD Sattvic, wholesome meals to balance hormones and nourish your body 	 YOGA & MEDITATION Daily yoga, meditation and breathing practices to calm the mind and balance hormones 	 AYURVEDIC THERAPIES Natural therapies to detoxify, rejuvenate and restore hormonal balance 	 STRESS MANAGEMENT Techniques to reduce stress, anxiety and promote emotional well-being 	 SLEEP & LIFESTYLE Guidance for better sleep, daily routine and healthy lifestyle habits 
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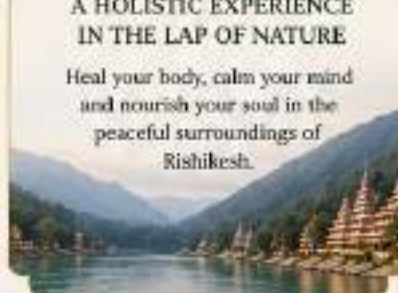
BENEFITS YOU CAN EXPECT

- ✓ Balances hormones naturally
- ✓ Reduces stress & anxiety
- ✓ Improves sleep quality
- ✓ Boosts energy & stamina
- ✓ Enhances mood & focus
- ✓ Supports healthy weight
- ✓ Promotes glowing skin & hair
- ✓ Improves digestion & metabolism
- ✓ Supports overall well-being



A HOLISTIC EXPERIENCE IN THE LAP OF NATURE

Heal your body, calm your mind and nourish your soul in the peaceful surroundings of Rishikesh.



RETREAT HIGHLIGHTS

- ✓ Personalized Ayurveda
- ✓ Daily wellness activities
- ✓ Herbal detox & rejuvenation
- ✓ Nature walks & relaxation
- ✓ Expert guidance & support
- ✓ Safe, natural & effective
- ✓ Peaceful & healing environment
- ✓ Take home personalized wellness plan



TAKE TIME FOR YOURSELF. YOU DESERVE TO FEEL YOUR BEST, NATURALLY.

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YOUR WELLNESS JOURNEY
STARTS HERE

CONSULT • HEAL • THRIVE

BONE HEALTH FOR WOMEN

STRONG BONES. STRONG LIFE.

Strong bones are the foundation of an active and healthy life. Take care of your bones today to stay strong, active and independent for years to come.

**NOURISH
STRENGTHEN
PROTECT
NATURALLY**

OUR BONE HEALTH PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment based on your body constitution and health goals.



NUTRITION GUIDANCE

Bone-friendly diet rich in calcium, magnesium, vitamin D, protein and essential minerals.



YOGA & EXERCISE

Weight-bearing exercises, yoga and posture training to improve bone strength.



LIFESTYLE BALANCE

Stress management, quality sleep and daily routines support strong bones.



AYURVEDIC SUPPORT

Herbal formulations and therapies to nourish bones naturally.



PERSONALIZED WELLNESS PLAN

A customized plan tailored to your age, lifestyle and health needs.



ESSENTIAL NUTRIENTS FOR STRONG BONES

- ☑ Calcium – Strengthens bones
- ☑ Vitamin D – Helps calcium absorption
- ☑ Magnesium – Supports bone structure
- ☑ Protein – Builds and repairs bone tissue
- ☑ Vitamin K – Supports bone mineralization
- ☑ Zinc & Boron – Important for bone metabolism



DAILY HABITS FOR BONE HEALTH

- ☀ Spend time in natural sunlight
- 🏃 Engage in regular physical activity
- 🍽 Eat a balanced, nutrient-rich diet
- 😊 Manage stress and stay positive
- 🌙 Sleep well and stay refreshed
- 🚭 Avoid smoking and limit alcohol

WHO CAN BENEFIT?



- Women in their 20s, 30s, 40s and beyond
- Perimenopausal and menopausal women
- Women with weak bones or joint discomfort
- Anyone looking for preventive bone care

Take care of
your bones today.
Stay active
for life.




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RISHIKESH

Where Tradition Meets Wellness

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- 🌐 www.omayurveda.org
- 📍 Rishikesh, Uttarakhand, India



NATURAL CARE



HOLISTIC WELLNESS



WOMEN'S HEALTH



AYURVEDIC HEALING

This program supports overall bone health and complements routine medical care.
It is not a substitute for medical diagnosis or treatment.

OSTEOPOROSIS PREVENTION

PROTECT YOUR BONES. PROTECT YOUR FUTURE.

Osteoporosis can develop silently, but early action can help keep your bones strong, healthy and resilient for life.

**STRONG
BONES
STRONG
LIFE**

OUR OSTEOPOROSIS PREVENTION PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment based on your body constitution, age, lifestyle and health goals.



NUTRITION GUIDANCE

Bone-nourishing diet rich in calcium, vitamin D, protein, magnesium and essential minerals.



EXERCISE & YOGA

Weight-bearing exercises, yoga and posture training to improve bone strength, balance and flexibility.



LIFESTYLE BALANCE

Stress management, quality sleep, and daily routines that support hormonal and bone health.



AYURVEDIC SUPPORT

Herbal formulations and therapies to nourish bones and improve overall well-being.



PERSONALIZED WELLNESS PLAN

A customized plan tailored to your needs to help you stay active, independent and strong.



BONE-HEALTHY NUTRIENTS

- ✓ Calcium – Builds strong bones
- ✓ Vitamin D – Helps calcium absorption
- ✓ Magnesium – Supports bone density
- ✓ Protein – Repairs and builds bone tissue
- ✓ Vitamin K2 – Supports calcium utilization
- ✓ Zinc & Boron – Essential for bone metabolism

DAILY HABITS FOR STRONG BONES

- ☀ Spend time in natural sunlight
- 🏃 Engage in regular physical activity
- 🍽 Eat a balanced, nutrient-rich diet
- 🧘 Manage stress and stay positive
- 🌙 Sleep well and stay refreshed
- 🚭 Avoid smoking and limit alcohol



**“Strong bones today,
active life tomorrow.”**

Take charge of your bone health today and live a life full of strength, confidence and independence.

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NATURAL CARE



HOLISTIC WELLNESS



WOMEN'S HEALTH



AYURVEDIC HEALING

JOINT CARE DURING MENOPAUSE

— MOVE FREELY. LIVE FULLY. —

Menopause can bring hormonal changes that may affect joint comfort and mobility.

Our Ayurvedic approach helps support joint health, reduce stiffness and improve flexibility – naturally.


**STRONG
JOINTS
STRONG
WOMEN**

OUR JOINT CARE PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment based on your body constitution, age, lifestyle and health concerns.



NUTRITION GUIDANCE

Eat right for your joints with anti-inflammatory, nutrient-rich, Ayurvedic foods and herbs.



YOGA & EXERCISE

Gentle yoga, stretching and strengthening exercises to improve flexibility and mobility.



AYURVEDIC THERAPIES

Natural therapies and herbal support to nourish joints, reduce stiffness and pain.



STRESS MANAGEMENT

Relaxation techniques, pranayama and meditation to balance hormones and mind.



PERSONALIZED WELLNESS PLAN

A customized plan tailored to your needs for long-term joint health and well-being.



BENEFITS YOU CAN EXPECT

- ✔ Supports healthy joints & cartilage
- ✔ Reduces stiffness and inflammation
- ✔ Improves flexibility and mobility
- ✔ Supports bone strength
- ✔ Enhances balance and posture
- ✔ Boosts energy and overall well-being



A HOLISTIC APPROACH TO WOMEN'S WELLNESS

Heal naturally.
Move comfortably.
Live your best life.



DAILY HABITS FOR HEALTHY JOINTS

- ☀ Stay active with daily movement
- 🍲 Eat warm, home-cooked meals
- ⚖️ Maintain healthy body weight
- 💧 Stay hydrated
- 🌙 Get quality sleep
- 🌸 Manage stress positively



YOU DESERVE TO MOVE FREELY AND LIVE FULLY

Let Ayurveda support you through every stage of life.

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**NATURAL CARE FOR
HEALTHY JOINTS**

CONSULT • HEAL • THRIVE



HEART HEALTH FOR WOMEN

A Healthy Heart. A Healthy Life.

Heart disease is the leading health concern for women. Small lifestyle changes today can protect your heart for a healthy tomorrow.



**STRONG
HEART
STRONG
WOMAN**

OUR HEART HEALTH PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment based on your body constitution, lifestyle and health goals.



NUTRITION GUIDANCE

Heart-friendly diet plans with natural, sattvic and nourishing foods.



YOGA & EXERCISE

Gentle yoga, breathing exercises and regular activity to improve heart function.



STRESS MANAGEMENT

Meditation, pranayama and relaxation techniques to reduce stress and anxiety.



AYURVEDIC SUPPORT

Herbal formulations and therapies to support healthy heart function naturally.



PERSONALIZED WELLNESS PLAN

A customized plan tailored to your needs for long-term heart well-being.



HEART-HEALTHY HABITS

- ☑ Eat fresh, whole and seasonal foods
- ☑ Stay physically active every day
- ☑ Manage stress with yoga & meditation
- ☑ Maintain a healthy weight
- ☑ Avoid smoking and limit alcohol
- ☑ Get quality sleep every night
- ☑ Stay hydrated and eat mindfully



BENEFITS YOU CAN EXPECT

- ♥ Supports healthy blood pressure
- ♥ Improves cholesterol balance
- ♥ Enhances heart function
- ♥ Boosts energy and stamina
- ♥ Reduces stress and anxiety
- ♥ Supports emotional well-being
- ♥ Promotes long-term heart wellness



WHO SHOULD JOIN?

Women of all ages who want to support their heart health, including:

- Busy professionals
- Women above 30
- Post-menopause women
- Women with family history
- Anyone seeking preventive care



LOVE YOUR HEART. LIVE YOUR BEST LIFE.

Begin your wellness journey with Om Ayurveda, Rishikesh.

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WOMEN'S HEALTH
AYURVEDIC HEALING**

HEALTHY AGEING FOR WOMEN

— AGE GRACEFULLY. LIVE JOYFULLY. —

Ageing is a natural journey.
Healthy choices today can help you
stay active, independent, and
full of life.



**HOLISTIC
WELLNESS**



**AYURVEDIC
CARE**



**MIND-BODY
BALANCE**



**NATURAL
HEALING**

**STRONG
WOMEN
AGE
STRONGER**

OUR HEALTHY AGEING PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment
based on your body
constitution, age,
lifestyle and health
goals.



NUTRITION GUIDANCE

Nourishing diet plans
with natural, seasonal
foods to support
energy, immunity
and strength.



YOGA & EXERCISE

Gentle yoga, stretching
and strength training
to improve flexibility,
mobility and
balance.



STRESS MANAGEMENT

Meditation, pranayama
and relaxation
techniques to reduce
stress, anxiety and
improve mental well-being.



AYURVEDIC SUPPORT

Herbal formulations
and therapies to
rejuvenate the body
and promote
longevity.



PERSONALIZED WELLNESS PLAN

A customized plan
tailored to your needs
for healthy ageing
and long-term
well-being.



BENEFITS YOU CAN EXPECT

- ☑ Improved energy and stamina
- ☑ Better joint and bone health
- ☑ Stronger immunity
- ☑ Enhanced memory and focus
- ☑ Healthy digestion and metabolism
- ☑ Balanced hormones
- ☑ Glowing skin and healthy hair
- ☑ Emotional balance and happiness
- ☑ Better sleep and stress relief
- ☑ Long-term vitality and independence



"Every stage of life can be
beautiful with the right care,
awareness and choices."

DAILY HABITS FOR HEALTHY AGEING

- ☑ Start your day with gratitude
- ☑ Eat fresh, seasonal and sattvic food
- ☑ Stay active with daily movement
- ☑ Practice yoga and breathing exercises
- ☑ Stay hydrated and drink warm water
- ☑ Get quality sleep every night
- ☑ Manage stress with meditation
- ☑ Stay connected and keep learning
- ☑ Avoid smoking and limit alcohol

Embrace ageing with confidence.
Take charge of your health today
and enjoy a vibrant tomorrow.

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Best Care
Care with Compassion



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Understanding Your Own Self
Realizing the Divine Within



MOTHER EARTH
TRAVEL AND TOURISM

WEIGHT MANAGEMENT FOR WOMEN

HEALTHY WEIGHT. HEALTHY YOU.
HEALTHY LIFE.

Our Ayurvedic approach focuses on balanced nutrition, active lifestyle, stress management and holistic wellness for long-term results.

SUSTAINABLE
WEIGHT LOSS
THROUGH
AYURVEDA

OUR WEIGHT MANAGEMENT PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment based on your body constitution, lifestyle and health goals.



NUTRITION GUIDANCE

Customized diet plans with natural, whole foods to support metabolism and healthy weight.



YOGA & EXERCISE

Yoga, strength training and movement plans to burn fat, build strength and improve flexibility.



STRESS MANAGEMENT

Pranayama, meditation and relaxation techniques to balance hormones and reduce emotional eating.



AYURVEDIC SUPPORT

Herbal formulations and detox therapies to improve digestion, metabolism and overall well-being.



PERSONALIZED WELLNESS PLAN

A step-by-step plan tailored to your needs for long-term healthy weight and confidence.



BENEFITS YOU CAN EXPECT

- ✓ Healthy and sustainable weight loss
- ✓ Improved metabolism and digestion
- ✓ Increased energy and stamina
- ✓ Better sleep and reduced stress
- ✓ Balanced hormones
- ✓ Improved confidence and body image
- ✓ Detoxification and overall wellness



REAL RESULTS NATURALLY



No crash diets.
No quick fixes.
Just balanced
Ayurvedic care
for lasting results.

Eat Right. Move Right.
Think Positive. Live Well.

DAILY HABITS FOR SUCCESS

- ☀ Start your day with warm water
- 🌱 Eat fresh, seasonal, satvic food
- 🚶 Stay active for at least 30 minutes
- 💧 Drink plenty of water
- 🧘 Manage stress with yoga & meditation
- 🌙 Get 7-8 hours of quality sleep
- 🚫 Avoid late-night eating
- 🌸 Be consistent and patient



BEGIN YOUR WEIGHT MANAGEMENT JOURNEY TODAY!

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Om Ayurveda – Empowering Women to Live a Healthier, Happier and Lighter Life.

WOMEN'S DIGESTIVE HEALTH

🌿 A HAPPY GUT, A HEALTHY YOU 🌿

Good digestion is the foundation of energy, immunity, glowing skin, and emotional well-being.

Ayurveda helps restore balance naturally for long-term digestive wellness.



HEALTHY
DIGESTION
HEALTHY
WOMEN

OUR WOMEN'S DIGESTIVE HEALTH PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment of your digestion, body constitution (Prakriti), lifestyle, and health goals.



NUTRITION GUIDANCE

Personalized diet plans with easy-to-digest, wholesome, and nutritious foods to nourish your gut.



YOGA & LIFESTYLE

Yoga, breathing exercises, and daily routines to support natural digestion and gut balance.



STRESS MANAGEMENT

Meditation, pranayama and relaxation techniques to reduce stress and improve gut health.



AYURVEDIC SUPPORT

Herbal formulations and therapies to support digestion, absorption and detoxification.



PERSONALIZED WELLNESS PLAN

A customized plan tailored to your unique needs for long-term digestive wellness and energy.



SIGNS OF POOR DIGESTION

- ☑ Bloating & gas
- ☑ Indigestion & acidity
- ☑ Constipation or irregular bowel
- ☑ Heaviness after meals
- ☑ Low energy & fatigue
- ☑ Acne, dull skin & low immunity
- ☑ Mood swings & irritability



BENEFITS YOU CAN EXPECT

- ☑ Better digestion & absorption
- ☑ Reduced bloating & gas
- ☑ Regular bowel movements
- ☑ Increased energy & stamina
- ☑ Clearer skin & better immunity
- ☑ Reduced stress & better mood
- ☑ Overall health & well-being



DAILY HABITS FOR A HEALTHY GUT

- ☑ Start your day with warm water
- ☑ Eat fresh, warm, and sattvic food
- ☑ Chew food well & eat mindfully
- ☑ Stay active with daily movement
- ☑ Manage stress with meditation
- ☑ Drink herbal teas & stay hydrated
- ☑ Get quality sleep every night



NOURISH YOUR GUT. NOURISH YOUR LIFE.
Begin your digestive wellness journey with Om Ayurveda, Rishikesh.



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Realizing the Divine Within



MOTHER EARTH

TRAVEL AND TOURISM

GUT MICROBIOME WELLNESS

✿ A HEALTHY GUT. A HEALTHY YOU. ✿

Your gut is home to trillions of beneficial microorganisms that play a key role in digestion, immunity, mood, skin health and overall wellness. Ayurveda helps restore and maintain a balanced gut microbiome naturally.



BETTER DIGESTION
Supports smooth digestion and nutrient absorption



STRONGER IMMUNITY
Supports your body's natural defense mechanisms



BETTER MOOD
A healthy gut can support mental well-being



HEALTHY SKIN
Balance within reflects as healthy, glowing skin



MORE ENERGY
Improved gut health helps you feel lighter and more active

A BALANCED MICROBIOME
A BETTER LIFE

OUR GUT MICROBIOME WELLNESS PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment of your body constitution, digestion and lifestyle.



NUTRITION GUIDANCE

Gut-friendly diet plans rich in fiber, fermented foods (where appropriate), and wholesome nutrition.



YOGA & LIFESTYLE

Yoga, breathing exercises and daily routines to support digestion and balance your gut.



STRESS MANAGEMENT

Meditation, pranayama and relaxation techniques to support a healthy gut-brain connection.



AYURVEDIC SUPPORT

Herbal formulations, probiotics (where appropriate) and natural therapies to restore gut balance.



PERSONALIZED WELLNESS PLAN

A customized plan tailored to your needs for long-term gut microbiome wellness and overall health.



BEST FOODS FOR A HEALTHY MICROBIOME

- ☑ Fiber-rich fruits, vegetables and whole grains
- ☑ Fermented foods (curd, buttermilk, idli, dosa, kanji, pickles – where appropriate)
- ☑ Legumes, nuts and seeds
- ☑ Herbs and spices like cumin, ginger, turmeric, fennel
- ☑ Plenty of warm water and herbal teas



SIGNS OF AN IMBALANCED GUT

- ♥ Bloating and gas
- ♥ Indigestion or acidity
- ♥ Irregular bowel movements
- ♥ Fatigue and low energy
- ♥ Skin issues
- ♥ Food cravings
- ♥ Mood swings or irritability



DAILY HABITS FOR A HEALTHY GUT

- ☑ Eat fresh, warm and satvic food
- ☑ Chew food well and eat mindfully
- ☑ Stay hydrated
- ☑ Manage stress with yoga & meditation
- ☑ Get 7-8 hours of quality sleep
- ☑ Avoid overeating and late-night meals
- ☑ Stay active every day



NOURISH YOUR GUT. NOURISH YOUR LIFE.

✿ Begin your gut microbiome wellness journey with Om Ayurveda, Rishikesh. ✿

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✿ NATURAL CARE

✿ HOLISTIC WELLNESS

✿ WOMEN'S HEALTH

✿ AYURVEDIC HEALING

DETOX FOR WOMEN'S HEALTH

✿ RESET. REFRESH. REJUVENATE. ✿

Support your body's natural detoxification processes with authentic Ayurveda, nourishing foods, mindful routines, and holistic care for long-term wellness and vitality.



NATURAL
DETOX



IMPROVED
ENERGY



BETTER
DIGESTION



GLOWING
SKIN



STRESS
RELIEF



STRONGER
IMMUNITY

CLEANSE
NOURISH
BALANCE
THRIVE

OUR WOMEN'S DETOX WELLNESS PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment of your body constitution, lifestyle, digestion and wellness goals.



NUTRITION GUIDANCE

Detox-friendly diet plans with fresh, seasonal, sattvic foods to nourish and support your body.



YOGA & MEDITATION

Daily yoga, breathing exercises and meditation to relax the mind and support detox.



HERBAL SUPPORT & HYDRATION

Herbal preparations and detox drinks to support digestion, hydration and natural cleansing.



LIFESTYLE & ROUTINE

Daily routines, mindful eating, sleep guidance and self-care for balance and rejuvenation.



PERSONALIZED WELLNESS PLAN

A step-by-step plan tailored to your unique needs for long-term detox and vitality.



BEST DETOX FOODS

- ✿ Fresh fruits and vegetables
- ✿ Leafy greens, gourds, beets
- ✿ Whole grains and millets
- ✿ Herbal teas and warm water
- ✿ Coconut water, lemon water
- ✿ Nuts, seeds and sprouts
- ✿ Herbs like coriander, cumin, fenel, turmeric, ginger



SIGNS YOU MAY NEED A DETOX

- ✿ Bloating and gas
- ✿ Low energy and fatigue
- ✿ Skin issues and dullness
- ✿ Poor digestion or acidity
- ✿ Mood swings and irritability
- ✿ Stress and poor sleep
- ✿ Sugar cravings and heaviness



DAILY HABITS FOR DETOX

- ✿ Start your day with warm lemon water
- ✿ Eat fresh, seasonal, sattvic food
- ✿ Stay hydrated throughout the day
- ✿ Practice yoga and meditation
- ✿ Take a walk in nature
- ✿ Get 7-8 hours of quality sleep
- ✿ Avoid processed and late-night food
- ✿ Be consistent and patient



Detox your body. Refresh your mind.
Rejuvenate your life naturally with Ayurveda.



HOLISTIC CARE



NATURAL HEALING



LONG TERM WELLNESS

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✿ OM AYURVEDA, RISHIKESH – YOUR PARTNER IN WOMEN'S HOLISTIC WELLNESS ✿

LIVER SUPPORT FOR HORMONE BALANCE

A HEALTHY LIVER SUPPORTS HORMONAL WELLNESS

Your liver plays an essential role in detoxification, metabolism and hormone processing.

Ayurveda helps cleanse, nourish and strengthen the liver naturally for overall balance and vitality.



LIVER DETOXIFICATION

Supports natural
detox processes



HORMONE BALANCE

Helps in healthy
hormone metabolism



BETTER ENERGY & VITALITY

Improves energy,
stamina and mood



HEALTHY SKIN & GLOW

Reduces dullness
and supports glow



STRONGER IMMUNITY

Supports natural
defense & resilience



OUR LIVER SUPPORT & HORMONE BALANCE PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment
of your constitution,
lifestyle, digestion and
hormonal health.



NUTRITION GUIDANCE

Customized diet plans
with liver-friendly,
hormone-supportive
foods to nourish and
detox naturally.



YOGA & MEDITATION

Yoga, pranayama and
mindfulness practices
to reduce stress and
support hormonal
balance.



HERBAL SUPPORT

Safe Ayurvedic herbs
and formulations to
cleanse, protect and
strengthen the liver
naturally.



LIFESTYLE GUIDANCE

Daily routines, sleep
hygiene and stress
management for
long-term hormonal
wellness.



PERSONALIZED WELLNESS PLAN

A step-by-step plan
tailored to your unique
needs for liver health
and hormone balance.



BENEFITS YOU CAN EXPECT

- ☑ Supports natural liver detoxification
- ☑ Helps in healthy hormone metabolism
- ☑ Reduces bloating and water retention
- ☑ Improves energy, mood and focus
- ☑ Promotes clear skin and glow
- ☑ Supports healthy weight management
- ☑ Enhances overall well-being and vitality



LIVER FRIENDLY FOODS

- 🌿 Leafy greens, broccoli, cabbage
- 🌿 Beetroot, carrot, bottle gourd
- 🌿 Turmeric, ginger, garlic
- 🌿 Amla, papaya, pomegranate
- 🌿 Whole grains, moong dal
- 🌿 Green tea, herbal teas
- 🌿 Plenty of warm water



DAILY HABITS FOR LIVER HEALTH

- ☀ Start your day with warm lemon water
- 🍎 Eat fresh, natural, sattvic food
- 💧 Stay hydrated throughout the day
- 🚫 Avoid excessive sugar, alcohol & fried food
- 🧘 Practice yoga & meditation daily
- 🌞 Walk in nature and get enough sunlight
- 🌙 Get 7-8 hours of quality sleep
- 🧘 Manage stress with mindfulness



This program supports overall wellness and healthy lifestyle practices.

It is not intended to diagnose, treat, cure or prevent any disease. Please consult your healthcare provider for any medical condition.

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THYROID WELLNESS SUPPORT

BALANCE YOUR THYROID, BALANCE YOUR LIFE 🌿

Your thyroid plays a key role in energy, metabolism, hormone balance and overall well-being. Ayurveda helps support thyroid health naturally through balanced nutrition, healthy lifestyle and holistic care.

SUPPORT
ENERGY
BALANCE
VITALITY



SUPPORTS THYROID FUNCTION

Helps maintain healthy thyroid function naturally.



BOOSTS ENERGY & STAMINA

Helps reduce fatigue and supports daily energy.



SUPPORTS HEALTHY METABOLISM

Supports metabolism and healthy weight balance.



PROMOTES HEALTHY SKIN & HAIR

Nourishes skin, hair and supports natural glow.



STRENGTHENS IMMUNITY

Helps strengthen natural immunity and resilience.

OUR THYROID WELLNESS SUPPORT PROGRAM INCLUDES 🌿



AYURVEDIC CONSULTATION

Personalized assessment of your constitution, lifestyle, digestion and thyroid health.



NUTRITION GUIDANCE

Customized diet plans with thyroid-supportive foods to nourish and balance your body.



YOGA & MEDITATION

Yoga, pranayama and mindfulness to reduce stress and support hormonal balance.



HERBAL SUPPORT & CARE

Safe Ayurvedic herbs and formulations to support thyroid wellness naturally.



LIFESTYLE GUIDANCE

Daily routines, sleep hygiene and stress management for long-term balance.



PERSONALIZED WELLNESS PLAN

A step-by-step plan tailored to your unique needs for lasting wellness.



THYROID FRIENDLY FOODS

- ✓ Leafy greens, broccoli, cabbage
- ✓ Whole grains, millets, oats
- ✓ Nuts, seeds and legumes
- ✓ Iodine-rich foods (in moderation)
- ✓ Fresh fruits and vegetables
- ✓ Herbal teas and warm water
- ✓ Healthy fats (nuts, ghee, seeds)



SIGNS YOUR THYROID NEEDS SUPPORT

- ✓ Constant fatigue and low energy
- ✓ Unexplained weight gain or loss
- ✓ Hair fall or thinning
- ✓ Dry skin and hair
- ✓ Sensitivity to cold
- ✓ Irregular periods
- ✓ Mood swings or irritability
- ✓ Poor concentration



DAILY HABITS FOR THYROID HEALTH

- ✓ Start your day with warm lemon water
- ✓ Eat fresh, seasonal, sattvic food
- ✓ Stay hydrated throughout the day
- ✓ Practice yoga and breathing exercises
- ✓ Manage stress with meditation
- ✓ Get 7-8 hours of quality sleep
- ✓ Avoid excess sugar, alcohol and processed foods



🌿 NOURISH YOUR BODY. BALANCE YOUR HORMONES. ENHANCE YOUR LIFE. 🌿

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NATURAL CARE
HOLISTIC WELLNESS
WOMEN'S HEALTH
AYURVEDIC HEALING

CONSULT · HEAL · THRIVE

ADRENAL FATIGUE MANAGEMENT

✿ RESTORE BALANCE. RECLAIM ENERGY. ✿

Chronic stress can drain your energy, affect sleep, mood, and overall well-being. Ayurveda helps your body adapt to stress naturally and promotes strength, stamina and inner balance.



FIGHTS FATIGUE

Helps improve energy and reduce tiredness



STRESS MANAGEMENT

Calms the mind and supports emotional well-being



BETTER SLEEP

Promotes deep, restful and refreshing sleep



STRONGER IMMUNITY

Supports natural defense and resilience



HORMONAL BALANCE

Supports healthy hormonal and adrenal function

✿ OUR ADRENAL FATIGUE MANAGEMENT PROGRAM INCLUDES ✿



AYURVEDIC CONSULTATION

Personalized assessment of your constitution, lifestyle, stress patterns and energy levels.



NUTRITION GUIDANCE

Customized diet plans with nourishing, satvic foods to support energy and adrenal health.



YOGA & PRANAYAMA

Gentle yoga and breathing techniques to calm the nervous system and boost vitality.



HERBAL SUPPORT

Safe Ayurvedic herbs and formulations to strengthen the body's adaptation to stress.



LIFESTYLE RITUALS

Daily routines, sleep hygiene and relaxation practices for lasting balance.



PERSONALIZED WELLNESS PLAN

A step-by-step plan designed just for you to restore energy and improve well-being.



ENERGY BOOSTING FOODS

- ★ Whole grains, millets and oats
- ★ Nuts, seeds and healthy fats
- ★ Dates, figs and raisins
- ★ Green leafy vegetables
- ★ Ghee, milk (if suitable) and soups
- ★ Herbal teas and warm water



SIGNS YOU MAY NEED SUPPORT

- ★ Constant tiredness or low energy
- ★ Feeling stressed or overwhelmed
- ★ Poor concentration and brain fog
- ★ Irritability, anxiety or mood swings
- ★ Trouble sleeping or waking up tired
- ★ Cravings for sugar or caffeine
- ★ Weakened immunity and frequent colds



DAILY HABITS FOR BETTER ENERGY

- ★ Start your day with warm lemon water
- ★ Eat fresh, seasonal, satvic food
- ★ Practice yoga, pranayama & meditation
- ★ Stay hydrated throughout the day
- ★ Take regular breaks and relax
- ★ Get 7-8 hours of quality sleep
- ★ Spend time in nature and sunlight
- ★ Limit caffeine, sugar & processed foods



Balance your stress. Boost your energy.
Live a vibrant, healthy and fulfilling life with Ayurveda.



HOLISTIC CARE



NATURAL HEALING



STRESS RELIEF



LONG TERM WELLNESS

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✿ EMPOWERING WOMEN TO LIVE A HEALTHY, BALANCED AND RADIANT LIFE. ✿

STRESS REDUCTION TECHNIQUES

🌿 CALM YOUR MIND. HEAL YOUR BODY. ENRICH YOUR LIFE. 🌿

Chronic stress can affect your energy, sleep, digestion, immunity and overall well-being. Ayurveda offers natural, effective and holistic ways to manage stress and bring balance to your life.

REDUCE
RELAX
REJUVENATE
THRIVE



🌿 OUR STRESS REDUCTION PROGRAM INCLUDES 🌿



AYURVEDIC CONSULTATION

Personalized assessment of your constitution, lifestyle, stress patterns and health goals.



NUTRITION GUIDANCE

Sattvic diet plans and stress-balancing foods to nourish your body and mind.



YOGA & PRANAYAMA

Gentle yoga postures and breathing techniques to calm the nervous system.



HERBAL SUPPORT

Ayurvedic herbs and formulations that help the body adapt to stress and restore balance.



MEDITATION & MINDFULNESS

Mindfulness practices to reduce anxiety, improve focus and bring inner peace.



SLEEP & LIFESTYLE GUIDANCE

Daily routine, sleep hygiene and relaxation practices for deep, restful sleep.



DAILY STRESS RELIEF PRACTICES

- ☀️ Start the day with gratitude
- ☀️ Practice deep breathing
- ☀️ Take short breaks and stretch
- ☀️ Spend time in nature
- ☀️ Listen to calming music
- ☀️ Practice meditation daily
- ☀️ Write your thoughts in a journal
- ☀️ Disconnect from screens before sleep
- ☀️ Go to bed and wake up at regular time



STRESS-BALANCING FOODS

- ☀️ Warm, home-cooked meals
- ☀️ Fresh fruits and vegetables
- ☀️ Whole grains and lentils
- ☀️ Nuts and seeds
- ☀️ Herbal teas (Tulsi, Ashwagandha, Brahmi, Chamomile)
- ☀️ Avoid excessive caffeine, sugar and processed foods



SIGNS YOU MAY HAVE HIGH STRESS

- ☀️ Constant fatigue or low energy
- ☀️ Poor sleep or insomnia
- ☀️ Headaches or body aches
- ☀️ Irritability or mood swings
- ☀️ Poor digestion or bloating
- ☀️ Difficulty concentrating
- ☀️ Feeling overwhelmed
- ☀️ Sugar cravings
- ☀️ Low immunity



Take care of your mind and body.
A calm mind is the key to a healthy and happy life.

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OM AYURVEDA
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BETTER SLEEP FOR WOMEN

REST DEEPLY. HEAL NATURALLY. LIVE FULLY. 🌸

Quality sleep is essential for hormone balance, emotional well-being, healthy skin, immunity, and overall vitality. Ayurveda helps you achieve natural, restful and rejuvenating sleep.

GOOD SLEEP
BETTER HEALTH
HAPPIER YOU



**IMPROVES
SLEEP QUALITY**
Promotes deep,
restful and
uninterrupted sleep.



**REDUCES
STRESS & ANXIETY**
Calms the mind,
relaxes the body
and eases tension.



**HORMONE
BALANCE**
Supports hormonal
health and overall
well-being.



**BOOSTS
IMMUNITY**
Strengthens the
immune system
naturally.



**ENHANCES
ENERGY & MOOD**
Wakes you up
refreshed, energized
and positive.

OUR BETTER SLEEP FOR WOMEN PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment
of your constitution,
lifestyle, sleep patterns
and stress levels.



NUTRITION GUIDANCE

Customized diet plans
with sleep-supportive
foods to nourish your
body and mind.



YOGA & RELAXATION

Gentle yoga and
relaxation techniques
to release stress and
prepare your body
for sleep.



HERBAL SUPPORT

Safe Ayurvedic
herbs and formulations
that promote calmness,
relaxation and
sound sleep.



LIFESTYLE RITUALS

Evening routines, digital
detox, self-care rituals
and breathing practices
for better sleep.



PERSONALIZED WELLNESS PLAN

A step-by-step plan
tailored to your unique
needs for long-lasting
results.



SLEEP-SUPPORTIVE FOODS

- ☀️ Warm milk with nutmeg or turmeric
- ☀️ Almonds, walnuts and seeds
- ☀️ Oats, millets and whole grains
- ☀️ Bananas, dates and figs
- ☀️ Chamomile, tulsi and ashwagandha tea
- ☀️ Ghee and sesame oil in moderation



SIGNS YOU MAY NEED SUPPORT

- ☀️ Difficulty falling or staying asleep
- ☀️ Waking up tired or unrefreshed
- ☀️ Racing thoughts at night
- ☀️ Irritability and mood swings
- ☀️ Low energy during the day
- ☀️ Frequent stress and anxiety
- ☀️ Hormonal imbalance symptoms



DAILY HABITS FOR BETTER SLEEP

- ☀️ Go to bed and wake up at the same time
- ☀️ Avoid screens 1 hour before bed
- ☀️ Practice deep breathing or meditation
- ☀️ Keep your bedroom clean, dark and quiet
- ☀️ Have a light, warm and early dinner
- ☀️ Stay physically active during the day
- ☀️ Gratitude journaling before sleep
- ☀️ Use natural oils for relaxation



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CONSULT - HEAL - THRIVE

EMOTIONAL BALANCE WORKSHOP

FIND BALANCE WITHIN. LIVE WITH PURPOSE. ✨

Learn holistic techniques to manage emotions, reduce stress, build resilience and create lasting inner peace through Ayurveda, mindfulness and healthy lifestyle practices.

CALM MIND
BALANCED
EMOTIONS
JOYFUL LIFE



MANAGE STRESS

Reduce stress and anxiety naturally



EMOTIONAL BALANCE

Understand and balance your emotions



IMPROVE WELL-BEING

Enhance mental clarity and overall well-being



BUILD RESILIENCE

Develop inner strength and emotional resilience



BETTER RELATIONSHIPS

Improve communication, compassion and connections



HOLISTIC HEALING

Holistic approach for mind, body and spirit

WORKSHOP PROGRAM HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized assessment of your constitution, lifestyle and emotional well-being.



MIND & BODY PRACTICES

Yoga, pranayama and relaxation techniques to calm the mind and body.



MINDFULNESS & MEDITATION

Guided meditation and mindfulness practices to enhance awareness and inner peace.



JOURNALING & SELF-REFLECTION

Tools and exercises for self-awareness, clarity and personal growth.



NUTRITION & LIFESTYLE

Ayurvedic nutrition and daily routines to support emotional and physical well-being.



SUPPORTIVE COMMUNITY

Connect, share and grow together in a safe and supportive environment.



YOU WILL LEARN

- ★ Understand your emotions
- ★ Simple techniques to manage stress
- ★ Mindfulness and breathing practices
- ★ Build emotional resilience
- ★ Improve self-awareness
- ★ Healthy relationships and boundaries
- ★ Daily self-care and gratitude practices
- ★ Create a balanced and meaningful life

WHO SHOULD ATTEND?

- ★ Women feeling stressed or overwhelmed
- ★ Those experiencing mood swings or emotional imbalance
- ★ Women seeking inner peace and emotional strength
- ★ Anyone interested in personal growth and self-care
- ★ Women looking to create balance in daily life

BENEFITS YOU CAN EXPERIENCE

- ★ Reduced stress and anxiety
- ★ Improved mood and mental clarity
- ★ Better sleep and energy
- ★ Stronger emotional resilience
- ★ Healthier relationships
- ★ Greater self-awareness and confidence
- ★ Enhanced overall well-being and life satisfaction

INVEST IN YOUR EMOTIONAL WELL-BEING. EXPERIENCE THE TRANSFORMATION. ✨

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NATURAL CARE HOLISTIC WELLNESS WOMEN'S WELLNESS EMOTIONAL WELL-BEING

ANXIETY MANAGEMENT

🌿 CALM YOUR MIND. HEAL YOUR HEART. LIVE IN BALANCE.

Anxiety can affect your thoughts, emotions, sleep and daily life.

Ayurveda offers natural and holistic ways to reduce stress, calm the mind and promote emotional well-being.

REDUCE
STRESS
RESTORE
BALANCE
FIND PEACE



REDUCES ANXIETY

Calm the mind and soothes nervous tension



IMPROVES EMOTIONAL BALANCE

Promotes positivity and mental clarity



BETTER SLEEP

Supports deep, restful and refreshing sleep



BOOSTS IMMUNITY

Strengthens body defense and resilience



ENHANCES FOCUS

Improves concentration and cognitive function



PROMOTES RELAXATION

Encourages inner calm and overall well-being

OUR ANXIETY MANAGEMENT PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment of your constitution, lifestyle, stress patterns and sleep quality.



YOGA & PRANAYAMA

Gentle yoga and breathing techniques to calm the nervous system and reduce anxiety.



MEDITATION & MINDFULNESS

Guided meditation and mindfulness practices to quiet the mind and bring awareness.



HERBAL SUPPORT

Safe Ayurvedic herbs and formulations that support mental wellness and emotional balance.



NUTRITION GUIDANCE

Sattvic diet plans and nutrient-rich foods to nourish the body and mind.



LIFESTYLE & ROUTINE

Daily routines, sleep hygiene and self-care habits for long-term emotional well-being.



TECHNIQUES YOU WILL LEARN

- ★ Deep breathing exercises
- ★ Mindfulness and grounding techniques
- ★ Meditation and relaxation practices
- ★ Positive thinking and self-awareness
- ★ Journaling and gratitude practice
- ★ Managing worry and overthinking
- ★ Building healthy daily habits



SIGNS YOU MAY NEED SUPPORT

- ★ Excessive worry or fear
- ★ Restlessness or irritability
- ★ Racing thoughts
- ★ Trouble sleeping
- ★ Fatigue and low energy
- ★ Difficulty concentrating
- ★ Panic attacks or heart palpitations



BENEFITS YOU CAN EXPERIENCE

- ★ Reduced anxiety and stress
- ★ Calmer mind and stable emotions
- ★ Better sleep and improved energy
- ★ Improved focus and productivity
- ★ Stronger emotional resilience
- ★ Healthier relationships
- ★ Greater self-confidence and peace



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DEPRESSION AWARENESS & SUPPORT

✦ THERE IS HOPE. THERE IS HELP.

Depression is a real health condition that can affect anyone. It is not a sign of weakness and it is not your fault. With the right support, care and treatment, recovery is possible.



REAL CONDITION
Depression is a treatable health condition.



NOT YOUR FAULT
You are not alone and you are not to blame.



SUPPORT MATTERS
Talking to someone you trust can be the first step to healing.



RECOVERY IS POSSIBLE
With the right care and support, a better life is possible.

YOU
MATTER
YOUR MENTAL
HEALTH
MATTERS

SIGNS OF DEPRESSION

- ✦ Persistent sadness, emptiness or hopelessness
- ✦ Loss of interest in activities once enjoyed
- ✦ Changes in sleep (too much or too little)
- ✦ Fatigue or low energy
- ✦ Difficulty concentrating or making decisions
- ✦ Feelings of worthlessness or guilt
- ✦ Changes in appetite or weight
- ✦ Thoughts of death or self-harm



If you or someone you know is struggling, please reach out. Help is available.

YOU ARE NOT ALONE



Talking about how you feel can make a big difference.



Talk to someone you trust



Seek professional support



Take care of your mind, body and spirit

HOW WE SUPPORT YOU



Ayurvedic Consultation
Personalized assessment of your body, mind and lifestyle.



Yoga & Meditation
Gentle practices to calm the mind and reduce stress.



Breathing & Relaxation
Techniques to manage anxiety and improve emotional balance.



Nutrition Guidance
Sattvic diet and herbal support to nourish the body and mind.



Lifestyle & Daily Routine
Healthy habits, better sleep and stress management.



Emotional Wellness Support
Compassionate care to help you feel heard, supported and empowered.

AYURVEDA SUPPORTS OVERALL WELL-BEING AND COMPLEMENTS PROFESSIONAL MENTAL HEALTH CARE.

If you are experiencing severe depression, thoughts of self-harm or suicide, please seek immediate help from a qualified mental health professional or emergency services.



REDUCE STRESS
Calm your mind and reduce daily stress.



IMPROVE MOOD
Positive habits can help improve your mood.



BETTER SLEEP
Healthy sleep supports emotional balance.



BUILD RESILIENCE
Strengthens your mind and emotional resilience.



SOCIAL CONNECTION
Stay connected and build a strong support system.



LIVE BETTER
Small steps today lead to a better tomorrow.

GET SUPPORT TODAY

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Om Ayurveda
Authentic Ayurvedic Care



Best Care
Care with Compassion



GodItsYou.net
Understanding Your Own Self
Realizing the Divine Within



MOTHER EARTH
TRAVEL AND TOURISM

MINDFULNESS

For Women

BE PRESENT. BE PEACEFUL. BE YOU.

Mindfulness helps you slow down, reduce stress, improve focus and nourish your mind, body and soul.

Take a pause. Breathe. Be present.
Transform your life from within.

INNER
PEACE
BETTER HEALTH
HAPPIER YOU



**REDUCES
STRESS**

Calms the mind
and relaxes
the body



**IMPROVES
FOCUS**

Enhances
concentration
and clarity



**EMOTIONAL
BALANCE**

Supports emotional
well-being and
resilience



**BETTER
SLEEP**

Promotes deep,
restful and
quality sleep



**OVERALL
WELL-BEING**

Nourishes mind,
body and
spirit

OUR MINDFULNESS FOR WOMEN PROGRAM INCLUDES



**AYURVEDIC
CONSULTATION**

Personalized assessment
of your constitution,
lifestyle and wellness
goals.



**YOGA &
MEDITATION**

Guided yoga and
meditation practices
to calm the mind
and body.



**BREATHING
EXERCISES**

Pranayama techniques
to reduce stress
and increase
energy levels.



**MINDFUL EATING
& NUTRITION**

Satvic diet guidance
and mindful eating for
better digestion and
mental clarity.



**GRATITUDE &
JOURNALING**

Simple journaling
practices to develop
positivity and
self-awareness.



**STRESS
MANAGEMENT**

Practical tools and
techniques to manage
stress and improve
daily living.



BENEFITS YOU CAN EXPERIENCE



Less stress
and anxiety



Better mood
and positivity



Improved focus
and productivity



Better sleep
and energy



Stronger emotional
balance



Improved
relationships



Greater self-awareness
and confidence

“The present moment is the only moment available to us, and it is the door to all moments.”

– Thich Nhat Hanh



Experience Mindfulness
in the serene spiritual town
of Rishikesh.

Heal. Grow. Transform.
Live Mindfully.

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SELF-CARE ROUTINE DEVELOPMENT

LOVE YOURSELF. CARE FOR YOURSELF. THRIVE.

Self-care is not a luxury, it's a necessity.
A consistent self-care routine helps you
nourish your body, calm your mind and
strengthen your spirit every day.

A LITTLE
CARE TODAY
A LIFETIME OF
WELL-BEING



REDUCE STRESS
Calms the mind
and relieves
tension



IMPROVE HEALTH
Boosts immunity
and supports
overall health



**EMOTIONAL
BALANCE**
Supports mood,
confidence and
emotional well-being



BETTER SLEEP
Promotes deep,
restful and
quality sleep



MORE ENERGY
Increases vitality
and productivity
throughout the day

BUILD YOUR DAILY SELF-CARE ROUTINE



**MORNING
MINDFULNESS**
Start your day
with gratitude,
meditation and
deep breathing.



**GENTLE
MOVEMENT**
Yoga, stretching
or a short walk
to energize your
body and mind.



**NOURISHING
NUTRITION**
Eat fresh, sattvic
and balanced
meals to fuel
your body.



**MINDFUL
MOMENTS**
Take breaks to
breathe, relax and
stay present in
the moment.



**SELF-CARE
PRACTICES**
Abhyanga, warm
bath, skincare and
herbal care for
self-nourishment.



**EVENING
WIND-DOWN**
Limit screen time,
enjoy herbal tea
and practice
relaxation.



**RESTFUL
SLEEP**
Maintain a regular
sleep routine for
deep and healing
rest.



WHY SELF-CARE MATTERS

- ✓ Improves physical and mental health
- ✓ Enhances confidence and self-esteem
- ✓ Helps manage stress and anxiety
- ✓ Strengthens relationships
- ✓ Supports your goals and dreams
- ✓ Makes you happier and more productive

*You cannot pour
from an empty cup.
Take care of yourself
first.*

You deserve it.

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DAILY DINACHARYA FOR WOMEN

LIVE IN BALANCE. LIVE IN HARMONY.



**AYURVEDIC DAILY ROUTINE FOR HEALTH,
ENERGY AND INNER PEACE**



Dinacharya is the Ayurvedic daily routine that supports your body, mind and soul.
Small daily habits create lasting transformation.

DISCIPLINE
TODAY
VITALITY
TOMORROW
WELLNESS
FOREVER



**IMPROVES
ENERGY**

Feel active and refreshed throughout the day



**SUPPORTS
DIGESTION**

Enhances digestion and helps prevent health issues



**BUILDS
MENTAL CLARITY**

Improves focus, concentration and decision-making



**STRENGTHENS
IMMUNITY**

Boosts natural immunity and overall health



**PROMOTES
INNER PEACE**

Reduces stress and supports emotional balance



BETTER SLEEP

Helps regulate sleep and supports restful nights

DAILY DINACHARYA ROUTINE FOR WOMEN

WAKE UP EARLY
5:00 – 5:30 AM



- Wake up before sunrise
- Express gratitude
- Set positive intentions

**CLEANSE &
HYDRATE**
5:30 – 6:00 AM



- Drink warm water
- Eliminate waste
- Cleanse tongue
- Oil pulling
- Wash face and eyes

**YOGA &
PRANAYAMA**
6:00 – 7:00 AM



- Gentle yoga
- Pranayama
- Breathing exercises
- Energize body and mind

**MEDITATION &
MINDFULNESS**
7:00 – 7:30 AM



- Meditation
- Mantra chanting
- Silent reflection
- Connect with yourself

**NOURISHING
BREAKFAST**
7:30 – 8:30 AM



- Eat sattvic food
- Fresh and seasonal
- Eat mindfully
- Avoid over-eating

**WORK &
PRODUCTIVITY**
9:00 AM – 1:00 PM



- Work with focus
- Take short breaks
- Stay hydrated
- Maintain good posture

MIDDAY MEAL
12:30 – 1:30 PM



- Eat your main meal
- Balanced and nutritious
- Do not skip meals
- Avoid cold drinks

**AFTERNOON
CARE**
2:00 – 5:00 PM



- Light walk
- Stay active
- Drink warm water
- Herbal tea

**EVENING
RELAXATION**
5:30 – 6:30 PM



- Spend time in nature
- Gentle yoga / stretching
- Spend time with family
- Avoid gadgets

DINNER
7:00 – 8:00 PM



- Light and early dinner
- Easy to digest food
- Avoid heavy, oily food
- Warm and fresh

EVENING WIND-DOWN
8:30 – 9:30 PM



- Read or listen to calming music
- Herbal tea
- Journaling

SLEEP
9:30 – 10:00 PM



- Sleep on time
- 7 – 8 hours of sleep
- Keep the mind calm
- Digital detox before bed

BENEFITS OF FOLLOWING DINACHARYA

- ✓ Supports physical, mental and emotional well-being
- ✓ Helps maintain healthy weight
- ✓ Balances hormones naturally
- ✓ Improves skin, hair and overall glow
- ✓ Enhances productivity and positivity
- ✓ Helps in disease prevention and longevity

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CONSULT • HEAL • THRIVE

★ Small Daily Habits • Big Lifetime Transformation ★



NATURAL CARE



HOLISTIC WELLNESS



WOMEN'S WELLNESS



AYURVEDIC HEALING

SEASONAL WELLNESS (RITUCHARYA)

LIVE IN HARMONY WITH NATURE

Ayurveda teaches us to adapt our routine, diet, and lifestyle with the changing seasons to maintain balance, health and happiness.

ALIGN YOUR
BODY & MIND
WITH EACH
SEASON



**SUPPORTS
IMMUNITY**

Strengthens your natural defense system



**IMPROVES
DIGESTION**

Keeps your digestive fire balanced throughout the year



**ENHANCES
ENERGY**

Boosts vitality and reduces fatigue



**PROMOTES
MENTAL BALANCE**

Helps manage stress and supports emotional well-being



BETTER SLEEP

Encourages deep, restful and rejuvenating sleep

AYURVEDIC SEASONAL ROUTINE (RITUCHARYA)

SPRING

(VASANTA RITU)
Feb - Apr



Focus: Detox & Lightness

- Light, warm & easily digestible foods
- Avoid heavy, oily & cold foods
- Regular exercise & cleansing therapies
- Herbal detox & honey in warm water



SUMMER

(GRISHMA RITU)
May - Jun



Focus: Cooling & Hydration

- Cooling, hydrating & water-rich foods
- Avoid excess sun exposure
- Wear light, loose cotton clothes
- Coconut water, buttermilk, fresh fruits



MONSOON

(VARSHA RITU)
Jul - Sep



Focus: Strength & Digestion

- Warm, cooked & light spiced foods
- Avoid raw, leafy & street foods
- Keep warm and dry
- Use ginger, turmeric, pepper & cumin



AUTUMN

(SHARAD RITU)
Oct - Nov



Focus: Pitta Balance

- Cooling, sweet & bitter foods
- Avoid spicy, sour & oily foods
- Stay hydrated
- Coconut water, ghee, fresh vegetables



WINTER

(HEMANTA RITU)
Dec - Jan



Focus: Nourishment & Warmth

- Warm, nourishing & unctuous foods
- Avoid cold, dry & processed foods
- Regular oil massage (Abhyanga)
- Sesame oil, ghee, nuts, soup & warm spices



DAILY PRACTICES FOR ALL SEASONS

- ☀ Wake up early
- ☕ Drink warm water
- 🧘 Oil pulling & tongue cleaning
- 🧘 Yoga & Pranayama
- 🕒 Eat mindfully & on time
- 🧘 Meditation & gratitude
- 🛌 Adequate sleep

LISTEN TO NATURE, NURTURE YOURSELF

When you align with the rhythms of nature, you invite health, happiness and harmony into your life.



AYURVEDA TIP

Small changes with every season can create a big difference in your overall well-being.



EAT
SEASONALLY



LIVE
MINDFULLY



STAY
BALANCED

BOOK YOUR AYURVEDIC
CONSULTATION TODAY
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🌐 www.omayurveda.org
📍 Rishikesh, Uttarakhand, India



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RISHIKESH



Where Tradition
Meets Wellness



NATURAL CARE
HOLISTIC WELLNESS
WOMEN'S HEALTH
AYURVEDIC HEALING

CONSULT • HEAL • THRIVE

AYURVEDIC COOKING — FOR WOMEN —

COOK WITH NATURE. NOURISH WITH LOVE.

Discover the art of Ayurvedic cooking and learn how to prepare delicious, wholesome and balanced meals that support your body, mind and overall well-being.



**SUPPORTS
DIGESTION**
Easy to digest
and absorb



**BOOSTS
IMMUNITY**
Strengthens your
natural defense



**INCREASES
ENERGY**
Nourishes body
and mind



**PROMOTES
BALANCE**
Supports dosha
balance



**IMPROVES
WELL-BEING**
Brings harmony
and happiness

NOURISH
YOUR BODY
HEAL YOUR MIND
ENRICH
YOUR LIFE

WHAT YOU WILL LEARN



AYURVEDIC PRINCIPLES

Understand the basics
of Ayurveda and how
food affects your doshas.



SEASONAL INGREDIENTS

Choose seasonal, local
and satvik ingredients
for balanced nutrition.



COOKING TECHNIQUES

Learn traditional
Ayurvedic cooking
methods.



BALANCED MEALS & RECIPES

Prepare delicious and
nourishing meals for
every day.



HERBS & SPICES

Discover the healing
power of everyday
herbs and spices.



MINDFUL EATING

Learn mindful eating
practices for better
digestion and health.



BENEFITS

- ✓ Improves digestion and metabolism
- ✓ Supports healthy weight management
- ✓ Enhances immunity and vitality
- ✓ Promotes clear skin and natural glow
- ✓ Reduces stress and supports mental clarity
- ✓ Encourages mindful and joyful living



FOOD IS MEDICINE,
COOK IT RIGHT,
LIVE WELL EVERY DAY.



WHO CAN JOIN?

- Women of all ages
- Beginners and home cooks
- Health conscious individuals
- Anyone looking to improve their lifestyle through Ayurvedic food



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WOMEN'S HEALTH • AYURVEDIC HEALING

CONSULT • HEAL • THRIVE



NATURAL CARE



HOLISTIC WELLNESS



WOMEN'S WELLNESS



AYURVEDIC HEALING

WOMEN'S NUTRITION WORKSHOP

NOURISH YOUR BODY. EMPOWER YOUR LIFE.

Join our interactive and practical workshop designed to help women make healthier food choices, understand their body's unique needs and build lifelong healthy eating habits.



**GOOD
NUTRITION
STRONG WOMEN
BETTER FUTURE**



BALANCED NUTRITION

Learn what your body really needs



BETTER IMMUNITY

Strengthens your natural defenses



MORE ENERGY

Feel active, focused and vibrant



HORMONAL BALANCE

Support cycle, mood and overall wellness



HEALTHY WEIGHT

Achieve and maintain a healthy weight



MENTAL WELL-BEING

Nourish your mind and emotions

PERFECT FOR WOMEN OF ALL AGES & LIFE STAGES

- ✓ Teen girls
- ✓ Young women
- ✓ Pregnant & postpartum mothers
- ✓ Women in 30s, 40s & beyond
- ✓ Anyone who wants to eat better and live healthier

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION
Understand your Prakriti and unique body needs



SEASONAL NUTRITION
Learn to eat with the rhythm of nature



BALANCED MEALS
Discover the art of creating wholesome & satisfying meals



HERBS & SPICES
Learn the healing power of everyday ingredients



HYDRATION & DETOX
Simple ways to cleanse, hydrate & rejuvenate



PRACTICAL COOKING
Cook delicious, easy & nutritious Ayurvedic recipes

YOU WILL LEARN

- ✓ How to choose right foods for your body type
- ✓ Meal planning for energy and hormonal balance
- ✓ Nutritional needs in different life stages
- ✓ Immunity boosting foods & cooking tips
- ✓ Healthy swaps for everyday ingredients
- ✓ Mindful eating & portion awareness
- ✓ Lifestyle tips for digestion & overall wellness

**LET FOOD
BE YOUR
MEDICINE
EVERY DAY.**



WHAT'S INCLUDED

- ✓ Expert guidance by Ayurvedic doctors & nutrition experts
- ✓ Personalized nutrition tips
- ✓ Recipe demonstration & tasting
- ✓ Educational materials & handouts
- ✓ Q&A and interactive sessions
- ✓ Certificate of participation



REGISTER NOW

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Authentic Ayurvedic Care



Care with Compassion



GodItsYou.net
Understanding Your Own Self
Realizing the Divine Within



MOTHER EARTH
TRAVEL AND TOURISM

IRON-RICH MEAL PREPARATION WORKSHOP

NOURISH YOUR BLOOD. BOOST YOUR ENERGY.

Learn to prepare delicious, iron-rich meals using wholesome ingredients and Ayurvedic wisdom to support healthy hemoglobin levels, strength and overall well-being.



**GOOD
NUTRITION
STRONG WOMEN
HEALTHY
FUTURE**



**HELPS IMPROVE
HEMOGLOBIN**

Supports healthy
red blood cells



**BOOSTS
ENERGY**

Fights fatigue and
weakness



**SUPPORTS
IMMUNITY**

Strengthens natural
defenses



**SUPPORTS SKIN
& HAIR HEALTH**

Promotes natural
glow and vitality



**BALANCES
DOSHAS**

Ayurvedic meals for
overall balance



**EASY TO DIGEST
& ABSORB**

Simple ingredients,
maximum benefit

PERFECT FOR WOMEN

- ✓ Teen girls
- ✓ Young women
- ✓ Pregnant & postpartum mothers
- ✓ Women with anemia or fatigue
- ✓ Women in 30s, 40s & beyond
- ✓ Anyone seeking better health and vitality

WHAT YOU WILL LEARN



IRON-RICH FOODS

Discover plant-based
iron sources for daily
strength and energy.



FOOD COMBINATIONS

Learn how to combine
foods for better iron
absorption.



DELICIOUS RECIPES

Cook tasty, traditional
and modern Ayurvedic
iron-rich meals.



MEAL PLANNING

Plan balanced meals
for you and your
family.



PRACTICAL COOKING

Hands-on cooking
with easy, practical
techniques.



AYURVEDIC WISDOM

Understand the Ayurvedic
approach to nutrition
and healthy living.

IRON-RICH INGREDIENTS WE USE



Spinach



Lentils



Chickpeas



Sesame Seeds



Dates



Raisins



Beetroot



Pumpkin Seeds

Paired with Vitamin C-Rich Foods: Amla, Lemon, Orange, Guava, Tomatoes and more.

WORKSHOP HIGHLIGHTS

- ✓ Expert guidance by Ayurvedic doctors & nutrition experts
- ✓ Prakriti (body constitution) based nutrition guidance
- ✓ Seasonal & local ingredient selection
- ✓ Recipe demonstration & tasting
- ✓ Educational materials & handouts
- ✓ Q&A and interactive sessions
- ✓ Certificate of participation



*"Let food be
your medicine
and medicine be
your food."*

— Ayurveda

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Best Care
Care with Compassion



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MOTHER EARTH
TRAVEL AND TOURISM

NATURAL CARE

HOLISTIC WELLNESS

WOMEN'S WELLNESS

AYURVEDIC HEALING

CALCIUM-RICH DIET PLANNING WORKSHOP

STRONG BONES • STRONG WOMEN • STRONG FUTURE

Calcium is essential for healthy bones, teeth, muscles and nerves. Learn how to plan and prepare delicious, calcium-rich meals with Ayurvedic wisdom for lifelong bone strength and overall wellness.



**BUILDS
STRONG BONES**
Supports bone density
and strength



**SUPPORTS
DENTAL HEALTH**
Helps maintain
healthy teeth



**SUPPORTS
MUSCLES**
Essential for muscle
function and repair



**ESSENTIAL FOR
WOMEN**
Important at every stage
of a woman's life



**BOOSTS
IMMUNITY**
Supports overall health
and well-being



**IMPROVES
WELL-BEING**
Promotes energy,
balance and vitality

**PERFECT FOR
WOMEN OF ALL AGES**

- ★ Teen girls & young women
- ★ Pregnant & postnatal mothers
- ★ Women with calcium deficiency
- ★ Women in 30s, 40s, 50s & beyond
- ★ Anyone who wants stronger bones naturally

WHAT YOU WILL LEARN



AYURVEDIC CONSULTATION

Understand your Prakriti
and unique bone health
needs



CALCIUM-RICH FOODS

Discover the best natural
sources of calcium for
strong bones



BALANCED MEALS & RECIPES

Learn delicious, easy
and nourishing calcium-
rich recipes



VITAMIN D & ABSORPTION

Learn how vitamin D
and other nutrients help
calcium absorption



LIFESTYLE SUPPORT

Simple yoga, exercise
and lifestyle tips for
bone strength



MEAL PLANNING MADE EASY

Plan daily meals for
you and your family
with confidence

CALCIUM-RICH FOODS TO INCLUDE IN YOUR DIET



Also: Beans, Lentils, Chia Seeds, Pumpkin Seeds, Amaranth, Fortified Foods & More

WORKSHOP HIGHLIGHTS

- ✔ Expert guidance by Ayurvedic doctors & nutrition experts
- ✔ Prakriti (body constitution) based nutrition guidance
- ✔ Seasonal & local ingredient selection
- ✔ Recipe demonstration & tasting
- ✔ Educational materials & handouts
- ✔ Q&A and interactive sessions
- ✔ Certificate of participation



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your medicine
and medicine be
your food."*

— Ayurveda



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Where Tradition Meets Wellness

HEALTHY HERBAL TEAS

WORKSHOP

SIP WELLNESS • LIVE NATURALLY

Discover the ancient wisdom of Ayurveda and learn how herbal teas can support your body, mind and overall well-being. Choose the right herbs, prepare them mindfully and make every cup a step towards a healthier you.

GOOD
TEA
BETTER HEALTH
BETTER LIFE



**RICH IN
ANTIOXIDANTS**
Helps protect cells
from damage



**SUPPORTS
DIGESTION**
Aids digestion and
reduces bloating



**REDUCES
STRESS**
Promotes relaxation
and mental calm



**SUPPORTS
IMMUNITY**
Strengthens natural
defenses



**NATURAL
DETOX**
Helps flush toxins
and refresh body



**BOOSTS
ENERGY**
Supports vitality
and daily energy

PERFECT FOR

- Women of all ages
- Busy professionals
- Students
- Pregnant & postnatal mothers
(under guidance)
- Anyone seeking natural
wellness

Explore the Power of Herbal Teas



TULSI TEA
Supports immunity
and respiratory health



GINGER TEA
Aids digestion and
reduces inflammation



TURMERIC TEA
Supports joint health
and natural healing



LEMONGRASS TEA
Promotes detox and
improves metabolism



HIBISCUS TEA
Rich in antioxidants
and good for heart



CHAMOMILE TEA
Promotes relaxation
and better sleep



MINT TEA
Refreshing, cooling
and aids digestion

And many more blends to suit every season and lifestyle!

YOU WILL LEARN

- Benefits of herbal tea ingredients
- How to choose herbs as per your dosha
- Seasonal herbal tea preparation
- Correct boiling, steeping & storage methods
- Mindful tea rituals for daily wellness
- Safe usage and precautions
- Interactive session & tasting



WORKSHOP HIGHLIGHTS

- Ayurvedic Consultation
- Personalized Guidance
- Herbal Tea Preparation
- Recipe Demonstration
- Tea Tasting Experience
- Take Home Recipes & Handouts
- Certificate of Participation



BENEFITS OF HERBAL TEAS

- Promotes overall wellness
- Supports digestion & metabolism
- Enhances skin health
- Improves sleep quality
- Helps in weight management
- Balances body & mind



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AYURVEDIC KITCHEN REMEDIES

WORKSHOP

Ancient Wisdom. Everyday Ingredients.
Natural Wellness for Your Family.

Discover the power of everyday herbs, spices and ingredients in your kitchen. Learn simple, effective and traditional Ayurvedic remedies to support your health naturally.



HEAL
NATURALLY
WITH FOOD
YOU EAT
DAILY



NATURAL INGREDIENTS

Use everyday
herbs & spices



BOOSTS IMMUNITY

Strengthens body
& mind



SUPPORTS DIGESTION

Improves digestion
& gut health



BALANCES DOSHAS

Brings balance to
body & mind



WOMEN'S WELLNESS

Support for women's
health naturally



FAMILY WELLNESS

Safe & effective
for whole family

PERFECT FOR

- Busy professionals
- Women of all ages
- Parents & homemakers
- Elders & senior citizens
- Anyone seeking natural wellness

WORKSHOP HIGHLIGHTS



HERBAL DRINKS

Learn to prepare healthy
herbal drinks & teas



SPICE BLENDS

Make your own Ayurvedic
spice blends



KITCHEN REMEDIES

Discover simple home
remedies for common
health concerns



HEALTHY RECIPES

Prepare nourishing,
Ayurvedic meals for
everyday wellness



SEASONAL WISDOM

Learn seasonal foods
& lifestyle tips



PERSONAL GUIDANCE

Personalized tips based
on your Prakriti (body
constitution)

EVERYDAY INGREDIENTS • EXTRAORDINARY BENEFITS



TURMERIC

Anti-inflammatory
& detoxifying



GINGER

Improves digestion
& relieves nausea



TULSI

Boosts immunity
& relieves stress



CUMIN

Supports digestion
& metabolism



CORIANDER

Detoxifies &
cools the body



FENNEL

Improves digestion
& freshens breath



CINNAMON

Balances blood sugar
& supports heart



BLACK PEPPER

Enhances absorption
& boosts immunity

YOU WILL LEARN

- Benefits of herbs & spices
- How to use kitchen ingredients for everyday wellness
- Simple home remedies
- Healthy cooking techniques
- Mindful eating practices
- Q&A and interactive sessions
- Certificate of



NOURISH YOUR BODY THE AYURVEDIC WAY

*"When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no need."*

— Ayurvedic Wisdom

OM AYURVEDA
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WHO CAN JOIN?

- Beginners in Ayurveda
- Yoga & wellness enthusiasts
- Health-conscious individuals
- Homemakers & working professionals

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NATURAL CARE



HOLISTIC WELLNESS



WOMEN'S WELLNESS



AYURVEDIC HEALING

EAT WISE • LIVE WELL • STAY NATURALLY HEALTHY

SPICE THERAPY FOR WOMEN

Ancient Spices. Timeless Wellness.

Discover the healing power of everyday spices through the wisdom of Ayurveda.

Learn how to use traditional spices to support women's health, balance the doshas and bring harmony to body, mind and soul.

**HEALTHY WOMEN
STRONGER FUTURE**

BENEFITS OF SPICE THERAPY FOR WOMEN



HORMONAL BALANCE

Supports natural hormonal harmony



BETTER DIGESTION

Improves digestion and nutrient absorption



BOOSTS IMMUNITY

Strengthens immunity and protects naturally



RADIANT SKIN & HAIR

Nourishes skin, hair and promotes natural glow



STRESS RELIEF

Calm the mind and supports emotional wellbeing



OVERALL WELLNESS

Promotes vitality, energy and long-term health

PERFECT FOR

- Women of all ages
- Busy professionals
- Teen girls
- Pregnant & postpartum mothers
- Women with lifestyle challenges
- Anyone seeking natural wellness

AYURVEDIC SPICES & THEIR TRADITIONAL USES



TURMERIC

Natural anti-inflammatory & supports immunity



GINGER

Aids digestion, relieves nausea & supports menstrual comfort



CUMIN

Improves digestion, reduces bloating & supports metabolism



CORLANDER

Cooling & soothing, supports digestion & detoxification



FENNEL

Supports hormonal balance, reduces bloating & improves skin health



CINNAMON

Regulates blood sugar, improves circulation & supports warmth



BLACK PEPPER

Improves absorption of nutrients & boosts metabolism



FENUGREEK

Supports hormonal health, lactation & maintains energy

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized guidance based on your Prakriti



SPICE WISDOM

Learn about the healing properties of everyday spices



HEALTHY RECIPES

Hands-on cooking with Ayurvedic spice combinations



DAILY APPLICATION

Practical ways to include spices in daily meals



WOMEN'S WELLNESS

Support for hormonal balance, energy & vitality



MEAL PLANNING

Create balanced, dosha-friendly meals for your lifestyle

YOU WILL LEARN

- How spices influence the doshas
- Spice combinations for women's health
- Seasonal cooking with spices
- Simple Ayurvedic recipes
- Mindful eating & lifestyle tips
- Q&A and interactive sessions
- Certificate of participation

"Food is your best medicine when you choose the right spices."

— Ayurveda

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HERBAL BEAUTY CARE

WORKSHOP

NATURAL BEAUTY. TIMELESS YOU.

Discover the ancient wisdom of Ayurveda for healthy, radiant skin and beautiful hair using the power of herbs, flowers and natural ingredients.



NATURAL GLOW

Enhance your natural radiance



PURE & SAFE INGREDIENTS

Gentle care with herbal goodness



NOURISHES SKIN & HAIR

Deeply nourishes and hydrates



BALANCES DOSHAS

Supports healthy skin & hair



BOOSTS CONFIDENCE

Feel beautiful inside & out

BEAUTY
THAT COMES
FROM NATURE
STAYS FOREVER

WHAT YOU WILL LEARN



HERBAL SKIN CARE

Learn to prepare herbal face packs, cleansers, toners, scrubs & more



NATURAL HAIR CARE

Make your own herbal oils, hair masks & hair care remedies



BEAUTY RECIPES

Traditional recipes using herbs, flowers, oils & natural ingredients



INNER NUTRITION

Understand foods, herbs & drinks that nourish your skin & hair from within



SELF CARE RITUALS

Daily beauty routines, massage techniques & lifestyle tips

PERFECT FOR

- ✓ Women of all ages
- ✓ Busy professionals
- ✓ Teen girls
- ✓ Pregnant & postpartum mothers (under guidance)
- ✓ Anyone seeking natural beauty & wellness

KEY BENEFITS OF HERBAL BEAUTY CARE



ALOE VERA
Hydrates & soothes skin



TURMERIC
Brightens & improves skin tone



ROSE
Refreshes & tones skin



SANDALWOOD
Calms & nourishes skin



NEEM
Purifies & helps clear skin



AMLA
Strengthens hair & prevents premature aging



HIBISCUS
Promotes hair growth & reduces hair fall



TULSI
Purifies & rejuvenates skin



COCONUT OIL
Deeply nourishes skin & hair

WORKSHOP HIGHLIGHTS

- ✓ Ayurvedic consultation & Prakriti analysis
- ✓ Learn from Ayurvedic experts
- ✓ Hands-on preparation & demonstrations
- ✓ Herbal beauty recipes & ingredients
- ✓ Personalized beauty guidance
- ✓ Take home recipes & handouts
- ✓ Certificate of participation

YOU WILL TAKE HOME

- ✓ Herbal face pack
- ✓ Herbal hair oil
- ✓ Herbal scrub
- ✓ Herbal toner
- ✓ Recipe booklet

Nourish your body.
Nurture your beauty.
Love yourself naturally.

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EMBRACE NATURE.
EMBRACE YOU.



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NATURAL SKIN CARE

NATURE. NURTURE. GLOW.

Discover the timeless wisdom of Ayurveda for healthy, glowing skin. Learn natural skincare secrets using herbs, flowers and traditional ingredients to bring out your natural beauty.

NATURAL
CARE FOR
RADIANT
SKIN

BENEFITS OF NATURAL SKIN CARE



NATURAL GLOW

Enhances your natural radiance and glow



DEEP NOURISHMENT

Nourishes and hydrates your skin deeply



BALANCES DOSHAS

Helps balance Vata, Pitta & Kapha for healthy skin



PURE & SAFE INGREDIENTS

Uses gentle, natural ingredients safe for every skin type



STRESS RELIEF

Promotes relaxation and reduces stress for healthy skin



ANTI-AGING CARE

Helps slow down signs of aging naturally

PERFECT FOR

- Women of all ages
- Busy professionals
- Teen girls
- Pregnant & postpartum mothers (under guidance)
- Anyone seeking natural skin care solutions

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized guidance based on your Prakriti (body constitution)



NATURAL SKIN CARE RECIPES

Learn to prepare herbal face packs, cleansers, toners & moisturizers



HERBAL INGREDIENTS

Discover the power of herbs, flowers, oils & natural ingredients



SELF CARE TECHNIQUES

Learn facial massage, daily routines & self care rituals



SKIN LOVING NUTRITION

Understand foods, herbs & drinks that support healthy skin



PERSONALIZED PLAN

Take home a customized skin care plan for lasting results

POWERFUL NATURAL INGREDIENTS



ALOE VERA
Hydrates & soothes skin



TURMERIC
Brightens skin & improves complexion



ROSE
Tones & refreshes the skin



SANDALWOOD
Calms & reduces blemishes



NEEM
Purifies & helps clear skin



AMLA
Rich in Vitamin C & anti-oxidants



TULSI
Detoxifies & protects skin naturally



COCONUT OIL
Moisturizes & nourishes deeply

YOU WILL LEARN

- Understanding your skin type & Prakriti
- Natural cleansing & moisturizing methods
- Herbal face packs for every skin type
- Anti-aging & skin rejuvenation tips
- Diet, lifestyle & yoga for healthy skin
- Q&A and interactive session
- Certificate of participation

NOURISH YOUR SKIN
NATURALLY.
EMBRACE YOUR
TRUE BEAUTY.



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HAIR HEALTH for Women

STRONG ROOTS. NATURAL BEAUTY.

Discover the ancient wisdom of Ayurveda to support healthy hair and scalp through herbal care, balanced nutrition and holistic lifestyle.

NOURISH
STRENGTHEN
SHINE
NATURALLY

BENEFITS OF AYURVEDIC HAIR CARE


STRENGTHENS ROOTS
Nourishes hair follicles and promotes strength


REDUCES HAIR FALL
Helps reduce excessive hair fall naturally


PROMOTES HAIR GROWTH
Supports healthy hair growth and thicker hair


NOURISHES SCALP
Soothes scalp, reduces dryness and itchiness


IMPROVES SHINE & TEXTURE
Enhances natural shine, softness and texture


NATURAL & SAFE
Made with pure herbs, safe and chemical-free

PERFECT FOR

- Women of all ages
- Busy professionals
- Postpartum mothers
- Teen girls
- Anyone facing hair concerns
- Those seeking natural hair care solutions

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION
Personalized guidance based on your Prakriti (body constitution)



HERBAL HAIR CARE RECIPES
Learn to prepare herbal oils, masks, shampoos & conditioners



SCALP CARE TECHNIQUES
Learn scalp massage and relaxation techniques



NUTRITION & LIFESTYLE
Understand foods, herbs & daily habits that support healthy hair



STRESS MANAGEMENT & WELLNESS
Yoga, meditation & self care for healthy mind and hair



PERSONALIZED PLAN
Take home a customized hair care & lifestyle plan

POWERFUL AYURVEDIC INGREDIENTS



BHRINGRAJ
Improves hair growth and prevents hair fall



AMLA
Rich in Vitamin C, strengthens hair and adds shine



HIIBISCUS
Nourishes scalp, reduces dandruff and dryness



ALOE VERA
Hydrates scalp and promotes healthy hair



FENUGREEK
Conditions hair, reduces breakage and frizz



NEEM
Purifies scalp, reduces itchiness and dandruff



CURRY LEAVES
Strengthens roots and prevents premature greying



BRAHMI
Nourishes hair follicles and calms the scalp

YOU WILL LEARN

- Understanding your hair type & scalp
- How to use herbs for hair care
- Herbal oil preparation & application
- Natural hair cleansing & conditioning
- Diet & lifestyle for healthy hair
- Stress management techniques
- Q&A and interactive session
- Certificate of participation



"Your hair is a crown you never take off. Take care of it naturally."

— Ayurveda

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NATURAL ANTI-AGEING CARE

Timeless Beauty. Holistic Wellness.

Discover the timeless wisdom of Ayurveda to support healthy ageing, radiant skin, strong body, peaceful mind and a happy soul.

AGE
GRACEFULLY
LIVE
RADIANTLY

BENEFITS OF NATURAL ANTI-AGEING CARE



RADIANT SKIN

Nourishes skin naturally and promotes glow



REDUCES SIGNS OF AGEING

Helps reduce fine lines, wrinkles and dark spots



STRONG IMMUNITY

Strengthens immunity and improves overall resistance



STRESS RELIEF

Calm the mind, reduces stress and promotes well-being



HORMONAL BALANCE

Supports hormonal balance and vitality in women



ENERGY & VITALITY

Boosts energy levels and supports active living

PERFECT FOR

- Women of all ages
- Busy professionals
- Postpartum mothers
- Women in midlife
- Anyone seeking natural ageing solutions

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized guidance based on your Prakriti (body constitution)



HERBAL SKIN CARE

Learn natural skin care using herbs, oils and Ayurvedic recipes



ABHYANGA MASSAGE

Experience the power of Ayurvedic oil massage for rejuvenation



YOGA & MEDITATION

Gentle yoga and guided meditation for inner peace and healthy ageing



NUTRITION & LIFESTYLE

Balanced diet, hydration and daily habits for vitality and longevity



HERBAL REMEDIES

Learn powerful herbs and formulations for ageing gracefully

NATURAL INGREDIENTS FOR AGELESS BEAUTY



AMLA

Rich in Vitamin C, supports collagen and skin elasticity



ASHWAGANDHA

Reduces stress, improves stamina and vitality



ALOE VERA

Hydrates skin, soothes and promotes healing



SAFFRON

Enhances glow, reduces blemishes and evens skin tone



TURMERIC

Natural antioxidant, improves skin radiance



BRAHMI

Nourishes brain and supports mental well-being



ROSE

Hydrates, tones and keeps skin soft and youthful



COCONUT OIL

Deeply nourishes, moisturizes and protects skin

YOU WILL LEARN

- Secrets of natural anti-ageing
- Daily skincare, haircare & self-care rituals
- Ayurvedic herbs for skin rejuvenation
- Abhyanga massage techniques
- Diet, lifestyle & yoga for healthy ageing
- Stress management & mindfulness
- Q&A and interactive session
- Certificate of participation

“Age is a reflection of how well you nourish your body, mind and soul.”

— Ayurveda

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Rishikesh, Uttarakhand, India



OM AYURVEDA
RISHIKESH

Where Tradition Meets Wellness

FACIAL YOGA

NATURAL MOVEMENT. NATURAL GLOW.

TONE • RELAX • REJUVENATE

Discover the power of Facial Yoga and Ayurveda to tone facial muscles, improve circulation, reduce stress and promote natural, youthful radiance.

10 MINUTES
A DAY FOR
A HEALTHY
GLOW

BENEFITS OF FACIAL YOGA



TIGHTENS & TONES SKIN

Helps improve skin elasticity and firmness



REDUCES FINE LINES

Helps reduce the appearance of fine lines



IMPROVES CIRCULATION

Boosts blood flow for a natural healthy glow



REDUCES STRESS

Relaxes facial muscles and calms the mind



DETOXIFIES & REFRESHES

Supports lymphatic drainage and reduces puffiness



ENHANCES CONFIDENCE

Promotes a fresh, relaxed and youthful look

PERFECT FOR

- ✓ Women of all ages
- ✓ Busy professionals
- ✓ Teen girls
- ✓ Postpartum mothers
- ✓ Anyone seeking natural beauty & self-care

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized guidance based on your Prakriti (body constitution)



FACIAL YOGA TECHNIQUES

Learn effective facial exercises to tone and relax facial muscles



SELF-MASSAGE ROUTINE

Discover Ayurvedic self-massage for natural radiance



NATURAL SKIN CARE

Use herbs, oils and Ayurvedic remedies for healthy skin



BREATHING & RELAXATION

Pranayama & relaxation techniques for stress relief and glow



NUTRITION & LIFESTYLE

Learn diet, hydration and daily habits for healthy glowing skin

AYURVEDIC INGREDIENTS WE LOVE



ALOE VERA
Hydrates and soothes skin



ROSE
Tones and refreshes skin



SANDALWOOD
Calm and nourishes skin



TURMERIC
Brightens and improves skin tone



AMLA
Rich in Vitamin C and antioxidants



BRAHMI
Nourishes and rejuvenates skin



COCONUT OIL
Deeply nourishes and protects

YOU WILL LEARN

- Facial yoga sequences
- Self-massage techniques
- Pressure point stimulation
- Breathing for glow
- Ayurvedic skincare tips
- Lifestyle for radiant skin
- Q&A and interactive session
- Certificate of participation



NOURISH YOUR SKIN.
NOURISH YOUR SOUL.
EMBRACE NATURAL BEAUTY
THE AYURVEDIC WAY.



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Where Tradition Meets Wellness



EYE CARE PRACTICES

HEALTHY EYES. BETTER VISION. BETTER LIFE.

In today's digital age, our eyes need extra care. Discover simple Ayurvedic practices and lifestyle habits to support eye comfort, reduce strain and promote long-term eye wellness.

NOURISH
PROTECT
RELAX
YOUR EYES
NATURALLY



**RELAX
TIRED EYES**
Relieves eye strain
and fatigue



**IMPROVES
FOCUS**
Enhances clarity
and concentration



**SUPPORTS
EYE HEALTH**
Nourishes and
protects eyes



**REDUCES STRESS
& TENSION**
Calms the mind and
soothes the eyes



BETTER SLEEP
Promotes relaxation
and restful sleep

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized guidance
based on your Prakriti
(body constitution)



EYE RELAXATION EXERCISES

Learn simple techniques
to relax and refresh
your eyes



PALMING & BLINKING

Helps reduce eye strain
and supports
natural lubrication



BREATHING & PRANAYAMA

Calm the mind and
improve oxygen flow
to the eyes



NUTRITION GUIDANCE

Eye-friendly diet to
nourish and strengthen
eye tissues



SCREEN HABITS & LIFESTYLE TIPS

Healthy screen practices
and daily routines for
eye wellness

AYURVEDIC INGREDIENTS GOOD FOR EYES



TRIPHALA
Cleanses and
rejuvenates
eye tissues



AMLA
Rich in Vitamin C
Strengthens eye
muscles



GHEE
Nourishes &
lubricates the eyes



**ROSE
WATER**
Soothes and
cools tired eyes



CUCUMBER
Hydrates and
refreshes the eyes



**FENNEL
SEEDS**
Helps reduce
eye strain



ALMONDS
Rich in Vitamin E
Supports healthy
vision

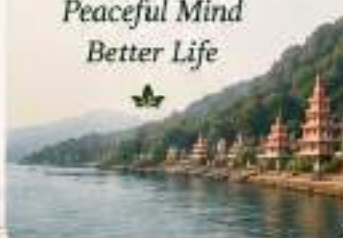


**CORIANDER
SEEDS**
Cooling and
relieves burning
sensation

DAILY EYE CARE HABITS

- Follow 20-20-20 Rule (Every 20 min, 20 sec, look at something 20 feet away)
- Practice palming and eye exercises daily
- Stay hydrated and eat eye-friendly foods
- Get enough sleep and reduce stress
- Avoid rubbing your eyes
- Use natural light while reading
- Regular head oil massage and relaxation

Clear Eyes
Peaceful Mind
Better Life



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CARE

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Where Tradition Meets Wellness

HAND & FOOT CARE

NOURISH • PROTECT • REJUVENATE

Discover the ancient wisdom of Ayurveda to care for your hands and feet naturally. Healthy care for soft, smooth and beautiful skin.

SMALL CARE EVERY DAY FOR BEAUTIFUL HANDS & FEET ALWAYS

BENEFITS OF HAND & FOOT CARE



DEEP NOURISHMENT
Nourishes and hydrates the skin deeply



SOFT & SMOOTH SKIN
Leaves hands and feet soft, smooth and supple



PROTECTION
Protects from dryness, cracks and damage



RELAXATION
Relaxes tired muscles, reduces stress and promotes comfort



BETTER CIRCULATION
Improves blood flow and supports healthy skin



OVERALL WELLNESS
Promotes care, confidence and overall well-being

PERFECT FOR

- ✓ Women of all ages
- ✓ Busy professionals
- ✓ Postpartum mothers
- ✓ Elderly care
- ✓ Anyone with dry, rough or tired hands & feet
- ✓ Those seeking natural self-care solutions

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION
Personalized guidance based on your Prakriti (body constitution)



HERBAL SOAK
Relaxing herbal foot soak to cleanse and refresh



HAND & FOOT MASSAGE
Nourishing oil massage to hydrate and revitalize



NATURAL EXFOLIATION
Gentle exfoliation to remove dead skin cells and smoothen



MOISTURIZING CARE
Herbal moisturizers to lock in softness and hydration



DAILY CARE ROUTINE
Simple daily habits for long lasting care and protection

AYURVEDIC INGREDIENTS WE LOVE



COCONUT OIL
Deeply nourishes and softens



SESAME OIL
Improves circulation and nourishes



ALOE VERA
Soothes, hydrates and heals



NEEM
Purifies and protects skin



TURMERIC
Natural antiseptic and brightening



ROSE
Soothes and gives natural glow



SALT
Exfoliates and detoxifies

YOU WILL LEARN

- ✓ Ayurvedic hand & foot care rituals
- ✓ Herbal oil preparations & usage
- ✓ Soaking & exfoliation techniques
- ✓ Self-massage methods
- ✓ Natural moisturization
- ✓ Daily care routines
- ✓ Tips for cracked heels & dry hands
- ✓ Q&A and interactive session
- ✓ Certificate of participation



"Care for your hands and feet, and they will take you through life beautifully."

— Ayurveda

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PANCHAKARMA FOR WOMEN

DETOX • REJUVENATE • RESTORE BALANCE

EMPOWER
YOUR HEALTH
NATURALLY

Panchakarma is an ancient Ayurvedic detoxification therapy that helps remove toxins, balance doshas and promote overall well-being.

KEY BENEFITS FOR WOMEN



HORMONAL BALANCE

Helps support hormonal harmony and menstrual wellness



STRESS RELIEF

Reduces stress, anxiety and promotes mental clarity



DETOXIFICATION

Eliminates toxins (ama) and improves digestion and metabolism



IMMUNITY BOOST

Strengthens the immune system and improves vitality



RADIANT SKIN

Promotes clear, healthy and glowing skin naturally



OVERALL WELLNESS

Enhances energy, strength and quality of life

PERFECT FOR

- Women of all ages
- PCOS / POCOD support
- Irregular periods
- Postpartum care
- Stress & fatigue
- Skin & hair concerns
- Digestive issues
- Anyone seeking natural wellness

PANCHAKARMA THERAPIES



ABHYANGA

Medicated oil massage to nourish and relax the body



SWEDANA

Herbal steam therapy to open channels and remove toxins



SHIRODHARA

Medicated oil dhara therapy for mind relaxation



NASYA

Medicated nasal therapy to cleanse and rejuvenate



BASTI

Medicated enema therapy to balance Vata dosha



KIZHI

Herbal poultice therapy to reduce pain and inflammation



INTERNAL MEDICATION

Herbal medicines and formulations to support healing

WHAT TO EXPECT

- Personalized Ayurvedic Consultation
- Prakriti (Body Constitution) Analysis
- Customized Panchakarma Plan
- Expert Therapists & Authentic Therapies
- Sattvic Ayurvedic Diet
- Yoga, Meditation & Lifestyle Guidance
- Peaceful Environment in Rishikesh



PROGRAM INCLUDES

- Pre-Panchakarma Consultation & Assessment
- Panchakarma Therapies as per Plan
- Ayurvedic Medicines & Supplements
- Daily Yoga & Meditation Sessions
- Ayurvedic Diet (Sattvik Meals)
- Lifestyle & Wellness Guidance
- Post-Panchakarma Care & Follow-up

INVEST IN YOUR HEALTH. RECLAIM YOUR ENERGY. RECONNECT WITH YOURSELF.
BEGIN YOUR PANCHAKARMA JOURNEY TODAY!



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CARE

ABHYANGA PRACTICAL SESSION

LEARN. PRACTICE. MASTER THE ART OF HEALING TOUCH.

Abhyanga is a traditional Ayurvedic oil massage that nourishes the body, calms the mind and promotes overall well-being. Join our practical session to learn authentic techniques from experienced Ayurvedic experts.

HANDS-ON
TRAINING
BY EXPERT
AYURVEDIC
THERAPISTS

BENEFITS OF ABHYANGA



RELAXES BODY & MIND

Reduces stress,
anxiety and
mental fatigue



IMPROVES CIRCULATION

Enhances blood flow
and nourishes
tissues



STRENGTHENS IMMUNITY

Supports immune
function and builds
resistance



LUBRICATES JOINTS

Reduces stiffness
and improves
flexibility



PROMOTES GLOWING SKIN

Nourishes skin
and delays signs
of aging

WORKSHOP HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized guidance
based on your
Prakriti (body constitution)



OIL SELECTION & PREPARATION

Learn about herbal oils
and their therapeutic
benefits



STEP-BY-STEP DEMONSTRATION

Detailed explanation of
Abhyanga technique
by experts



HANDS-ON PRACTICE

Practice with guidance
and correct your
technique



CERTIFICATE OF PARTICIPATION

Recognize your learning
and enhance your
professional skills

YOU WILL LEARN

- Ayurvedic consultation & Prakriti analysis
- Selection of suitable oils & their properties
- Complete Abhyanga massage sequence
- Correct strokes, pressure & rhythm
- Therapist posture & body mechanics
- Client positioning & draping
- Hygiene, safety & professional ethics
- Pre & post care guidelines
- Hands-on practice under expert guidance
- Certificate of Participation

WHO CAN JOIN?

- Ayurvedic students & practitioners
- Wellness & spa professionals
- Yoga & therapy teachers
- Anyone passionate about Ayurveda & natural healing

ANCIENT WISDOM. PRACTICAL KNOWLEDGE. TRANSFORM LIVES.



EXPERT FACULTY

Learn from experienced
Ayurvedic doctors
and therapists with
years of clinical
practice.



AUTHENTIC AYURVEDIC ENVIRONMENT

Hands-on training in
a serene, traditional
setting in the lap of
the Himalayas.



PREMIUM FACILITIES

Well-equipped training
center with all
necessary tools
and materials.



HOLISTIC EXPERIENCE

Experience Yoga,
Meditation, Sattvic
Food and Ganga
riverside serenity.

JOIN US ON A
JOURNEY OF HEALING
LEARNING &
SELF-GROWTH



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EXPERT
GUIDANCE



PRACTICAL
LEARNING



PERSONALIZED
ATTENTION



CERTIFICATE
COURSE

SHIRODHARA DEMONSTRATION

EXPERIENCE THE ANCIENT ART OF
AYURVEDIC HEALING

Shirodhara is a traditional Ayurvedic therapy where a continuous stream of warm herbal oil is gently poured on the forehead in a rhythmic and soothing way, promoting deep relaxation and overall well-being.

BENEFITS OF SHIRODHARA



CALMS THE MIND
Helps reduce stress, anxiety and mental tension



IMPROVES SLEEP
Promotes deep, restful and quality sleep



NOURISHES THE NERVOUS SYSTEM
Supports nervous system health and mental clarity



RELIEVES HEADACHE & MIGRAINE
Helps reduce frequency and severity of headaches



ENHANCES CONCENTRATION
Improves focus, memory and cognitive function



PROMOTES OVERALL WELL-BEING
Restores balance, energy and inner peace

RELAX
REJUVENATE
RESTORE
BALANCE

SHIRODHARA DEMONSTRATION PROCESS



1. CONSULTATION
Ayurvedic consultation and Prakriti analysis to understand your unique constitution.



2. DEMONSTRATION
Step-by-step demonstration of the complete Shirodhara technique by experts.



4. TECHNIQUE
Learn the correct pouring technique, pressure, rhythm and therapeutic positioning.



5. AFTER-CARE
Guidance on post-therapy care and recommendations for best results.



6. Q&A SESSION
Interactive session to clear your doubts and enhance your knowledge.

YOU WILL LEARN

- ✓ Ayurvedic principles of Shirodhara
- ✓ Indications, contraindications and precautions
- ✓ Herbal oils and their properties
- ✓ Equipment setup and hygiene
- ✓ Complete step-by-step procedure
- ✓ Post-therapy care and guidance
- ✓ Professional tips and best practices



PERFECT FOR

- ✓ Ayurvedic students & practitioners
- ✓ Wellness & spa professionals
- ✓ Yoga & therapy teachers
- ✓ Anyone passionate about Ayurveda & natural healing

HANDS-ON LEARNING
EXPERT GUIDANCE
CERTIFICATE INCLUDED



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REGISTER



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EXPERT
GUIDANCE



PRACTICAL
TRAINING



HOLISTIC
WELLNESS



SAFE &
PROFESSIONAL



PERSONALIZED
ATTENTION

HERBAL STEAM THERAPY

ANCIENT AYURVEDIC THERAPY
FOR TOTAL WELL-BEING

DETOX • RELAX • REJUVENATE

Herbal Steam Therapy (Swedana) is a traditional Ayurvedic therapy that helps open the body channels, eliminates toxins, improves circulation, relieves stiffness and promotes deep relaxation.

NATURAL
HEALING
THROUGH
HERBS

AMAZING BENEFITS



DETOXIFIES THE BODY

Helps eliminate
toxins and purify
the body naturally.



IMPROVES CIRCULATION

Enhances blood flow
and oxygen supply
to tissues.



RELIEVES PAIN & STIFFNESS

Eases muscle tension,
joint pain and
body stiffness.



RELAXES MIND & BODY

Reduces stress,
anxiety and
promotes calmness.



BOOSTS IMMUNITY

Strengthens the
immune system
naturally.



PROMOTES HEALTHY SKIN

Opens pores,
removes impurities
and nourishes skin.

IDEAL FOR

- Stress & fatigue
- Muscle pain & stiffness
- Poor circulation
- Toxin accumulation
- Weight management programs
- Pre-Panchakarma preparation
- Overall relaxation & rejuvenation

THE HERBAL STEAM THERAPY PROCESS



1. CONSULTATION

Ayurvedic consultation
and Prakriti analysis to
understand your body
constitution.



2. HERBAL PREPARATION

Special Ayurvedic herbs
are selected and decoctions
are prepared.



3. STEAM SETUP

The steam chamber is
prepared with the herbal
decoction.



4. STEAM THERAPY

Enjoy the herbal steam
in a safe and comfortable
environment.



5. AFTER CARE

Post-therapy guidance
with herbal drinks and
relaxation advice.



6. HOLISTIC CARE

Yoga, meditation, satvic
diet and lifestyle guidance
for lasting wellness.

YOU WILL EXPERIENCE

- Lightness in the body
- Relief from heaviness and fatigue
- Improved digestion & metabolism
- Better sleep and mental clarity
- Glowing skin and refreshed feeling
- A sense of deep relaxation



WHY CHOOSE OM AYURVEDA?

- Authentic Ayurvedic Therapies
- Experienced Ayurvedic Doctors & Therapists
- Natural Herbal Products
- Personalized Care & Attention
- Peaceful Environment in Rishikesh



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WELLNESS



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CARE

YOGA FOR HORMONAL BALANCE

Balance Your Hormones, Balance Your Life

A holistic yoga program designed to support hormonal health, reduce stress, balance mood, and promote overall well-being naturally and gently.

A Natural
Path to
Women's
Wellness



HORMONAL BALANCE

Supports natural hormone regulation and endocrine health



STRESS RELIEF

Reduces stress, anxiety and mood swings



MENSTRUAL HEALTH

Helps ease cramps, irregular cycles and PMS symptoms



ENERGY & VITALITY

Boosts energy levels, metabolism and overall vitality

BETTER SLEEP & MOOD

Promotes restful sleep, emotional balance and mental clarity

OUR PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment and Prakriti analysis



GENTLE YOGA ASANAS

Carefully selected asanas to support hormonal balance



PRANAYAMA

Breathing techniques to calm the mind and balance hormones



MEDITATION & RELAXATION

Mindfulness practices to reduce stress and improve well-being



AYURVEDIC NUTRITION GUIDANCE

Sattvic diet and lifestyle tips for hormonal wellness



LIFESTYLE & WELLNESS TIPS

Daily routines, self-care practices and natural remedies

IDEAL FOR

- Irregular periods
- PMS / PCOS
- Thyroid imbalance
- Perimenopause & menopause
- Stress, anxiety & mood swings
- Fatigue & low energy

Heal Naturally
Live Harmoniously
Be You



PROGRAM HIGHLIGHTS

- Expert Yoga Instructors
- Ayurvedic Doctors Guidance
- Personalized Attention
- Peaceful Environment in Rishikesh
- Holistic Approach - Body, Mind & Spirit

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HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

YOGA

FOR

MENSTRUAL WELLNESS

EMBRACE YOUR CYCLE, EMPOWER YOURSELF

A gentle and holistic yoga program designed to support menstrual health, reduce discomfort, balance hormones and promote overall well-being naturally.

A NATURAL
PATH TO
WOMEN'S
WELLNESS



HORMONAL BALANCE

Supports natural hormone regulation and menstrual health



REDUCES DISCOMFORT

Helps ease cramps, bloating and menstrual uneasiness



BETTER MOOD

Reduces stress, irritability and promotes emotional balance



ENERGY & VITALITY

Boosts energy levels and enhances overall well-being

OUR PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment and Prakriti analysis by Ayurvedic experts



GENTLE YOGA ASANAS

Carefully selected asanas to support menstrual wellness and relaxation



PRANAYAMA

Breathing techniques to calm the mind, reduce stress and balance hormones



MEDITATION & RELAXATION

Mindfulness practices to promote relaxation, better sleep and emotional stability



AYURVEDIC NUTRITION

Sattvic diet guidance and herbal support for menstrual wellness



LIFESTYLE & WELLNESS TIPS

Daily wellness routines, self-care tips and natural remedies

IDEAL FOR

- Irregular periods
- Painful periods
- PMS / Mood swings
- Hormonal imbalance
- PCOS / PCOD
- Stress & Fatigue

HONOR YOUR
BODY EVERY DAY
OF THE MONTH
You Deserve
To Feel Good

PROGRAM HIGHLIGHTS

- Expert Yoga Instructors
- Ayurvedic Doctors Guidance
- Personalized Attention
- Peaceful Environment in Rishikesh
- Holistic Approach - Body, Mind & Spirit



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NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

YOGA FOR MENOPAUSE

EMBRACE THIS NEW CHAPTER
WITH STRENGTH & GRACE

BALANCE HORMONES • REDUCE STRESS • IMPROVE WELL-BEING

A holistic yoga program designed to support women during menopause. Improve physical comfort, emotional balance, sleep quality and overall vitality naturally and gently.

A NATURAL
PATH TO
WOMEN'S
WELLNESS



HORMONAL BALANCE

Supports natural hormone balance and reduces imbalances



STRESS & ANXIETY RELIEF

Calm the mind, reduces stress and promotes emotional well-being



BETTER SLEEP & ENERGY

Improves sleep quality and boosts energy levels naturally



BONE & JOINT SUPPORT

Enhances flexibility, strength and supports bone health & mobility



EMOTIONAL WELL-BEING

Promotes positivity, confidence and inner peace

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Gentle Yoga Asanas
- ✦ Pranayama & Breathing Techniques
- ✦ Meditation & Relaxation
- ✦ Ayurvedic Nutrition Guidance
- ✦ Stress Management Techniques
- ✦ Lifestyle & Daily Routine Guidance
- ✦ Peaceful Environment in Rishikesh
- ✦ Certificate of Participation



AYURVEDIC CONSULTATION

Personalized assessment and expert guidance



GENTLE YOGA ASANAS

Carefully selected poses for strength, flexibility & balance



PRANAYAMA

Breathing techniques to calm the mind and reduce stress



MEDITATION & RELAXATION

Mindfulness practices for deep relaxation and better sleep



NUTRITION & LIFESTYLE

Satvic diet and lifestyle tips for holistic well-being

IDEAL FOR WOMEN EXPERIENCING

- ✔ Hot flashes & night sweats
- ✔ Mood swings & irritability
- ✔ Irregular periods
- ✔ Sleep disturbances
- ✔ Low energy & fatigue
- ✔ Stress, anxiety & depression
- ✔ Joint stiffness & body aches

HONOR THIS STAGE
OF LIFE WITH SELF-CARE,
LOVE & AWARENESS

YOU DESERVE TO
FEEL YOUR BEST

PROGRAM HIGHLIGHTS

- ✦ Expert Yoga Instructors
- ✦ Ayurvedic Doctors Guidance
- ✦ Personalized Attention
- ✦ Holistic Approach – Body, Mind & Spirit
- ✦ Supportive & Caring Environment



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CHAIR YOGA — FOR WOMEN —

GENTLE. SAFE. EFFECTIVE.

Yoga for Every Body, Every Age

A gentle and inclusive yoga program designed for women of all ages and abilities. Improve flexibility, build strength, reduce stress and enhance overall well-being – all from the comfort of a chair.

A Natural Path to Women's Wellness



IMPROVES FLEXIBILITY
Enhances joint mobility and flexibility



BETTER POSTURE
Supports posture correction and spinal alignment



BUILDS STRENGTH
Strengthens muscles and improves balance



REDUCES STRESS
Calms the mind, reduces anxiety and stress



ENHANCES WELL-BEING
Boosts energy, mood and overall well-being

OUR PROGRAM INCLUDES



AYURVEDIC CONSULTATION
Personalized assessment and expert guidance



GENTLE CHAIR YOGA
Carefully designed seated asanas for all fitness levels



PRANAYAMA
Breathing techniques to calm the mind and energize the body



MEDITATION & RELAXATION
Mindfulness practices to promote relaxation and inner peace



NUTRITION & LIFESTYLE
Ayurvedic diet and lifestyle tips for holistic health



WELLNESS SUPPORT
Daily wellness routines for a healthy life

IDEAL FOR WOMEN

- Seniors & beginners
- Limited mobility or joint pain
- Post-surgery recovery
- Desk job & stress relief
- Weight management
- Better balance & flexibility
- Overall wellness & vitality

YOU DESERVE TO FEEL STRONG, HEALTHY & CONFIDENT EVERY DAY

PROGRAM HIGHLIGHTS

- Expert Yoga Instructors
- Ayurvedic Doctors Guidance
- Personalized Attention
- Safe & Supportive Environment
- Peaceful Location in Rishikesh
- Holistic Approach – Body, Mind & Spirit



OM AYURVEDA
RISHIKESH

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Rishikesh, Uttarakhand, India



SCAN TO KNOW MORE



AUTHENTIC AYURVEDA



HOLISTIC WELLNESS



NATURAL HEALING



SAFE & PROFESSIONAL



COMPASSIONATE CARE

STRONG
BODY
FLEXIBLE
MIND
HEALTHY
LIFE

STRENGTH & FLEXIBILITY — TRAINING —

MOVE BETTER. FEEL STRONGER. LIVE HEALTHIER.

A holistic program that combines yoga-based strength training, flexibility exercises and Ayurvedic lifestyle guidance to help you build strength, improve mobility and enhance overall well-being naturally.

A NATURAL
PATH TO
STRENGTH
& WELLNESS



BUILDS STRENGTH

Enhances muscle strength, endurance and functional fitness



IMPROVES FLEXIBILITY

Increases mobility, reduces stiffness and improves range of motion



BETTER BALANCE

Improves stability, coordination and body awareness



REDUCES STRESS

Supports mental well-being and helps manage stress naturally



ENHANCES WELL-BEING

Boosts energy, immunity and overall vitality

OUR PROGRAM INCLUDES



AYURVEDIC CONSULTATION

Personalized assessment and expert guidance



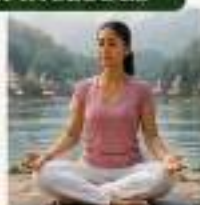
STRENGTH TRAINING

Yoga-based exercises to build strength and endurance



FLEXIBILITY TRAINING

Deep stretching and mobility drills for a flexible body



PRANAYAMA

Breathing techniques to improve lung capacity, focus and energy



MEDITATION & RELAXATION

Calm the mind, reduce stress and improve recovery



NUTRITION & LIFESTYLE

Ayurvedic diet and daily routines for long-term wellness

IDEAL FOR

- Weak muscles & low stamina
- Tight muscles & stiffness
- Poor posture & imbalance
- Sedentary lifestyle
- Stress, fatigue & low energy
- All age groups & fitness levels

STRENGTH
GIVES YOU POWER
FLEXIBILITY
GIVES YOU FREEDOM
TO LIVE LIFE
TO THE FULLEST

PROGRAM HIGHLIGHTS

- Expert Yoga Instructors
- Ayurvedic Doctors Guidance
- Personalized Attention
- Safe & Supportive Environment
- Peaceful Location in Rishikesh
- Holistic Approach - Body, Mind & Spirit



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HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

MEDITATION — FOR — INNER PEACE

CALM MIND. PEACEFUL HEART. BALANCED LIFE.

A holistic meditation program that helps you reduce stress, improve focus, balance emotions and cultivate inner peace through ancient wisdom and Ayurvedic lifestyle practices.

A NATURAL
PATH TO
INNER PEACE
& WELLNESS



REDUCES STRESS

Calms the mind and relaxes the nervous system



IMPROVES FOCUS

Enhances concentration and mental clarity



EMOTIONAL BALANCE

Helps manage emotions and promotes positivity



BETTER BREATHING

Improves lung capacity and supports vitality



ENHANCES WELL-BEING

Promotes better sleep, energy and overall well-being

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Guided Meditation Sessions
- ✦ Mindfulness & Awareness Practices
- ✦ Mantra Meditation & Chanting
- ✦ Pranayama & Breath Awareness
- ✦ Deep Relaxation Techniques
- ✦ Stress Management Guidance
- ✦ Ayurvedic Diet & Lifestyle Guidance
- ✦ Yoga for Body-Mind Balance
- ✦ Certificate of Participation



AYURVEDIC CONSULTATION
Personalized assessment and expert guidance



GUIDED MEDITATION
Step-by-step meditation for inner calm



PRANAYAMA
Breathing techniques to calm the mind and energize the body



YOGA & MOVEMENT
Gentle yoga to release tension and improve flexibility



AYURVEDIC DIET & LIFESTYLE
Sattvic diet and daily routines for holistic well-being



RELAXATION & SELF-CARE
Learn self-care practices for a peaceful life

IDEAL FOR

- ✦ High stress & anxiety
- ✦ Overthinking & mental fatigue
- ✦ Poor sleep & low energy
- ✦ Emotional overwhelm
- ✦ Busy professionals
- ✦ Anyone seeking inner peace

PEACE COMES FROM WITHIN
NURTURE IT EVERY DAY



PROGRAM HIGHLIGHTS

- ✦ Expert Meditation & Yoga Instructors
- ✦ Ayurvedic Doctors Guidance
- ✦ Personalized Attention
- ✦ Peaceful Environment in Rishikesh
- ✦ Holistic Approach – Body, Mind & Spirit



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NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

MEDITATION — FOR — INNER PEACE

CALM MIND • PEACEFUL HEART • BALANCED LIFE

Discover the art of meditation and unlock the power of inner peace. Reduce stress, improve focus, enhance emotional balance and experience overall well-being through ancient wisdom and Ayurvedic practices.

A NATURAL
PATH TO
INNER PEACE
& WELLNESS



REDUCES STRESS

Calms the mind
and relaxes the
nervous system



IMPROVES FOCUS

Enhances
concentration
and mental clarity



EMOTIONAL BALANCE

Helps manage
emotions and
promotes positivity



BETTER BREATHING

Improves lung
capacity and
supports vitality



ENHANCES WELL-BEING

Promotes better
sleep, energy and
overall well-being

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Guided Meditation Sessions
- ✦ Mindfulness & Awareness Practices
- ✦ Mantra Meditation & Chanting
- ✦ Pranayama & Breath Awareness
- ✦ Deep Relaxation Techniques
- ✦ Stress Management Guidance
- ✦ Ayurvedic Diet & Lifestyle Guidance
- ✦ Yoga for Body-Mind Balance
- ✦ Certificate of Participation



AYURVEDIC CONSULTATION

Personalized assessment
and expert guidance



GUIDED MEDITATION

Step-by-step
meditation for
inner peace



PRANAYAMA

Breathing techniques
to calm the mind
and energize the body



YOGA & MOVEMENT

Gentle yoga to
release tension and
improve flexibility



AYURVEDIC DIET & LIFESTYLE

Sattvic diet and daily
routines for holistic
well-being



RELAXATION & SELF-CARE

Learn self-care
practices for a
peaceful life

IDEAL FOR

- ✦ High stress & anxiety
- ✦ Overthinking & mental fatigue
- ✦ Poor sleep & low energy
- ✦ Emotional overwhelm
- ✦ Busy professionals
- ✦ Anyone seeking inner peace



PROGRAM HIGHLIGHTS

- ✦ Expert Meditation & Yoga Instructors
- ✦ Ayurvedic Doctors Guidance
- ✦ Personalized Attention
- ✦ Peaceful Environment in Rishikesh
- ✦ Holistic Approach - Body, Mind & Spirit



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SOUND HEALING SESSION

HEAL YOUR MIND, BODY & SOUL

Through the Power of Sound

Experience deep relaxation and inner harmony with therapeutic sound vibrations, ancient instruments, mindful breathing and guided meditation in the spiritual energy of Rishikesh.



REDUCES STRESS

Calms the mind and relaxes the nervous system



IMPROVES FOCUS

Enhances mental clarity and concentration



EMOTIONAL BALANCE

Helps release emotions and promotes positivity



BETTER BREATHING

Supports deep breathing and oxygen flow



ENHANCES WELL-BEING

Promotes better sleep, energy and overall well-being

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Guided Sound Healing Session
- ✦ Tibetan & Crystal Singing Bowls
- ✦ Meditation & Mindfulness Practices
- ✦ Pranayama & Breath Awareness
- ✦ Deep Relaxation Techniques
- ✦ Ayurvedic Diet & Lifestyle Guidance
- ✦ Herbal Tea & Detox Support
- ✦ Certificate of Participation



AYURVEDIC CONSULTATION

Personalized assessment and expert guidance



SOUND HEALING SESSION

Therapeutic sound vibrations for deep relaxation



MEDITATION & MINDFULNESS

Calm the mind, improve awareness and inner peace



PRANAYAMA

Breathing techniques to balance mind, body and energy



HERBAL TEA & NUTRITION

Sattvic diet and herbal support for holistic wellness



NATURE THERAPY

Reconnect with nature and recharge your inner self

IDEAL FOR

- ✦ Stress & anxiety relief
- ✦ Mental fatigue & burnout
- ✦ Emotional imbalance
- ✦ Sleep issues
- ✦ Busy professionals
- ✦ Anyone seeking inner peace

LET THE SOUND
HEAL YOU,
NURTURE YOU &
TRANSFORM YOU
NATURALLY



PROGRAM HIGHLIGHTS

- ✦ Expert Sound Healers & Yoga Instructors
- ✦ Ayurvedic Doctors Guidance
- ✦ Personalized Attention
- ✦ Peaceful Environment in Rishikesh
- ✦ Holistic Approach – Body, Mind & Spirit



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HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

MANTRA CHANTING FOR WELLNESS

CHANT • HEAL • TRANSFORM

Discover the ancient science of mantra chanting to calm the mind, reduce stress and enhance mental clarity, emotional balance and spiritual well-being through the power of sacred vibrations.



REDUCES STRESS

Calm the mind
and relax the
nervous system



IMPROVES FOCUS

Enhances mental
clarity, concentration
and memory



EMOTIONAL BALANCE

Helps release
negativity and
promotes positivity



SPIRITUAL GROWTH

Deepens spiritual
connection and
inner awareness



ENHANCES WELL-BEING

Supports better
sleep, emotional
healing and vitality

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Mantra Chanting Techniques
- ✦ Correct Pronunciation & Rhythm Guidance
- ✦ Guided Meditation Sessions
- ✦ Pranayama & Breath Awareness
- ✦ Stress Relief & Mindfulness Practices
- ✦ Ayurvedic Diet & Lifestyle Guidance
- ✦ Herbal Tea & Detox Support
- ✦ Yoga for Body-Mind Harmony
- ✦ Certificate of Participation



AYURVEDIC CONSULTATION

Personalized assessment
and expert guidance



MANTRA CHANTING SESSIONS

Learn traditional mantras
with proper guidance



MEDITATION & MINDFULNESS

Calm the mind and
cultivate inner peace



PRANAYAMA & BREATHING

Breathing techniques
to balance mind and body



HERBAL TEA & AYURVEDIC DIET

Sattvic diet and herbal
nutrition for wellness



NATURE THERAPY & RELAXATION

Reconnect with nature
and rejuvenate yourself

IDEAL FOR

- ✦ Stress, anxiety & overthinking
- ✦ Mental fatigue & burnout
- ✦ Emotional imbalance
- ✦ Poor sleep & low energy
- ✦ Spiritual seekers
- ✦ Anyone seeking inner peace

LET THE
SACRED SOUND
GUIDE YOU TO
INNER PEACE &
HOLISTIC WELLNESS



PROGRAM HIGHLIGHTS

- ✦ Experienced Mantra & Yoga Instructors
- ✦ Ayurvedic Doctors Guidance
- ✦ Personalized Attention
- ✦ Peaceful Environment in Rishikesh
- ✦ Holistic Approach - Body, Mind & Spirit



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HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

WOMEN'S Spiritual WELLNESS

AWAKEN • HEAL • TRANSFORM

Nurture Your Body, Mind and Soul
with Ancient Wisdom and
Holistic Healing

When Women
Heal Themselves,
They Heal The World

OUR PROGRAM HIGHLIGHTS



AYURVEDIC CONSULTATION

Personalized assessment and
wellness guidance



PRAKRITI ANALYSIS

Understand your unique body
constitution and lifestyle



MEDITATION

Calm the mind, reduce stress
and cultivate inner peace



MANTRA CHANTING

Sacred sound vibrations for
mental clarity and positivity



PRANAYAMA

Breathing techniques to balance
mind, body and energy



GENTLE YOGA

Enhance flexibility, strength
and overall well-being



MINDFULNESS & GRATITUDE PRACTICES

Live in the present and
cultivate a positive mindset



NATURE THERAPY

Reconnect with nature through
sacred walks, river therapy
and herbal gardens



AYURVEDIC NUTRITION

Sattvic meals, herbal tea and
diet for body-mind balance



SPIRITUAL EXPERIENCES

Ganga Aarti, satsang, puja
and spiritual wisdom

A HOLISTIC PATH TO
INNER PEACE, EMOTIONAL Balance
AND SPIRITUAL GROWTH



AYURVEDIC
CONSULTATION



MEDITATION &
MINDFULNESS



MANTRA CHANTING
& SATSANG



PRANAYAMA
& BREATHING



AYURVEDIC DIET
& HERBAL TEA



GANGA AARTI &
SPIRITUAL MOMENTS

BENEFITS FOR EVERY WOMAN



Reduces Stress
& Anxiety



Improves Focus
& Mental Clarity



Emotional
Balance



Enhances Self
Awareness



Boosts Energy
& Vitality



Supports Holistic
Well-being



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HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

BUILDING SELF-CONFIDENCE

BELIEVE • GROW • SHINE

EMPOWER YOUR MIND, BODY & SOUL

True confidence comes from within.

Discover your inner strength, overcome self-doubt and unlock your true potential with the wisdom of Ayurveda, mindful practices and holistic living.



**SELF
AWARENESS**

Know yourself better and build inner strength



**EMOTIONAL
BALANCE**

Manage emotions and reduce overthinking



**POSITIVE
MINDSET**

Replace self-doubt with self-belief and optimism



**PERSONAL
GROWTH**

Set goals, stay motivated and achieve more



**INNER
PEACE**

Experience calm, clarity and inner happiness

PROGRAM HIGHLIGHTS



AYURVEDIC CONSULTATION
Personalized assessment and wellness guidance



PRAKRITI ANALYSIS
Understand your unique body constitution and lifestyle



MEDITATION
Calm the mind, reduce stress and enhance self-awareness



GENTLE YOGA
Improve flexibility, posture and self-acceptance



PRANAYAMA
Breathing techniques to boost energy and mental clarity



MINDFULNESS PRACTICES
Build focus, patience and emotional balance



POSITIVE AFFIRMATIONS
Reprogram your mind for confidence and success



GRATITUDE JOURNALING
Cultivate positivity and self-appreciation



NATURE THERAPY
Reconnect with nature for calm and inner peace



AYURVEDIC NUTRITION
Savory meals and herbal tea for overall well-being



WORKSHOPS & ACTIVITIES
Interactive sessions on personal growth and confidence building



**AYURVEDIC
CONSULTATION**
Personalized guidance for body, mind & soul



**MEDITATION &
MINDFULNESS**
Calm your mind and increase focus



**PRANAYAMA
& BREATHING**
Boost energy and reduce stress



**JOURNALING &
SELF-REFLECTION**
Understand yourself and track your growth



**AYURVEDIC DIET
& HERBAL TEA**
Nourish your body and mind naturally



**NATURE WALKS
& THERAPY**
Heal and rejuvenate with nature

BENEFITS FOR EVERY WOMAN

- Build strong self-esteem and self-worth
- Reduce stress, anxiety and self-doubt
- Improve decision making and focus
- Enhance communication and relationships
- Increased motivation and productivity
- Better health, energy and inner glow

A HOLISTIC
APPROACH TO
A CONFIDENT
YOU



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WORK-LIFE BALANCE COACHING

— BALANCE • THRIVE • LIVE FULLY —

CREATE HARMONY BETWEEN YOUR
CAREER, HEALTH & PERSONAL LIFE

Empower yourself with practical tools and Ayurvedic wisdom to manage stress, improve focus, build healthy habits and create a balanced, meaningful life.



**REDUCE
STRESS**

Calm your mind
and manage
daily pressures



**IMPROVE
FOCUS**

Enhance productivity
and stay focused
on your goals



**BETTER
BALANCE**

Create harmony
between work,
family & self



**BOOST
ENERGY**

Increase energy,
motivation and
overall well-being



**STRONGER
RELATIONSHIPS**

Start meaningful
connections at work
and at home



**HOLISTIC
WELLNESS**

Support your body,
mind, emotions
and spirit

OUR PROGRAM INCLUDES

- ★ Ayurvedic Consultation & Prakriti Analysis
- ★ Work-Life Assessment & Goal Setting
- ★ Time Management Coaching
- ★ Stress Management Techniques
- ★ Meditation & Mindfulness Practices
- ★ Pranayama & Breathing Techniques
- ★ Gentle Yoga for Energy & Relaxation
- ★ Daily Dinacharya Planning
- ★ Healthy Sleep & Daily Routine Guidance
- ★ Ayurvedic Nutrition & Herbal Support
- ★ Digital Detox & Mindful Living
- ★ Nature Therapy & Relaxation
- ★ Self-Care & Personal Growth Tools
- ★ Ongoing Support & Follow-up



AYURVEDIC CONSULTATION

Personalized guidance
for your unique
body-mind type



MEDITATION & MINDFULNESS

Calm your mind,
reduce stress and
improve clarity



PRANAYAMA & YOGA

Boost energy,
focus and emotional
balance



TIME MANAGEMENT COACHING

Plan better, prioritize
well and achieve
more with ease



AYURVEDIC DIET & HERBAL SUPPORT

Nourish your body
with sattvic food and
healing herbs



NATURE THERAPY & RELAXATION

Reconnect with nature
and rejuvenate your
mind and body

BENEFITS FOR YOU

- ★ Better work-life balance
- ★ Reduced stress & anxiety
- ★ Improved focus & productivity
- ★ Increased energy & motivation
- ★ Better sleep & daily routine
- ★ Healthier body & mind
- ★ Stronger relationships
- ★ Greater self-confidence & happiness

A balanced life
is not about doing
everything,
but about doing
what matters most.

WHO CAN JOIN?

- ★ Working Professionals
- ★ Entrepreneurs
- ★ Business Owners
- ★ Homemakers
- ★ Students & Career Starters
- ★ Anyone seeking balance
and well-being

INVEST IN YOURSELF

You can't pour
from an empty cup.
Take care of YOU.



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HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

HEALTHY RELATIONSHIP AWARENESS

→ CONNECT • RESPECT • GROW TOGETHER →

STRONG RELATIONSHIPS BEGIN WITH SELF-AWARENESS

Nurture meaningful connections at home, at work and within yourself through Ayurveda, mindfulness, communication skills and holistic living.

BENEFITS OF HEALTHY RELATIONSHIPS



Better
Communication



Emotional
Well-being



Stronger
Bonding



Reduced Stress
& Anxiety



Greater
Empathy



Healthy
Boundaries



Happier
Family Life



Improved
Overall Health

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Emotional Wellness Assessment
- ✦ Healthy Communication Skills
- ✦ Active Listening & Understanding
- ✦ Relationship Building Workshops
- ✦ Stress Management Techniques
- ✦ Meditation & Mindfulness Practices
- ✦ Pranayama & Yoga for Harmony
- ✦ Healthy Boundaries & Respect
- ✦ Gratitude & Compassion Practices
- ✦ Ayurvedic Nutrition & Herbal Support
- ✦ Family Time & Community Activities
- ✦ Nature Therapy & Relaxation
- ✦ Ongoing Support & Guidance

EXPERIENCE HOLISTIC WELLNESS



AYURVEDIC
CONSULTATION



MEDITATION &
MINDFULNESS



RELATIONSHIP
WORKSHOPS



PRANAYAMA &
BREATHING



AYURVEDIC DIET &
HERBAL SUPPORT



FAMILY TIME &
NATURE THERAPY

WHO CAN JOIN?

- ✦ Individuals
- ✦ Couples
- ✦ Families
- ✦ Working Professionals
- ✦ Anyone seeking better relationships & harmony

“
When we heal
ourselves, we heal
our relationships.
When we grow
together, we create
a better world.”

PROGRAM HIGHLIGHTS

- ✦ Experienced Ayurvedic Doctors & Coaches
- ✦ Practical Tools for Daily Life
- ✦ Personalized Guidance
- ✦ Peaceful Environment in Rishikesh
- ✦ Holistic Approach - Body, Mind & Spirit



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Nurture meaningful connections at home, at work and within yourself through Ayurveda, mindfulness, communication skills and holistic living.

BENEFITS OF HEALTHY RELATIONSHIPS



Better
Communication



Emotional
Well-being



Stronger
Bonding



Reduced Stress
& Anxiety



Greater
Empathy



Healthy
Boundaries



Happier
Family Life



Improved
Overall Health

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Emotional Wellness Assessment
- ✦ Healthy Communication Skills
- ✦ Active Listening & Understanding
- ✦ Relationship Building Workshops
- ✦ Stress Management Techniques
- ✦ Meditation & Mindfulness Practices
- ✦ Pranayama & Yoga for Harmony
- ✦ Healthy Boundaries & Respect
- ✦ Gratitude & Compassion Practices
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- ✦ Family Time & Community Activities
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EXPERIENCE HOLISTIC WELLNESS



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MEDITATION &
MINDFULNESS



RELATIONSHIP
WORKSHOPS



PRANAYAMA &
BREATHING



AYURVEDIC DIET &
HERBAL SUPPORT



FAMILY TIME &
NATURE THERAPY

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- ✦ Personalized Guidance
- ✦ Peaceful Environment in Rishikesh
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HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

WOMEN'S WELLNESS RETREAT

→ RELAX • HEAL • RECONNECT →

A JOURNEY BACK TO YOURSELF

A transformative retreat for women to relax, rejuvenate and reconnect with your body, mind and spirit through the timeless wisdom of Ayurveda in the serene Himalayan foothills of Rishikesh.

NOURISH
YOUR BODY
CALM YOUR MIND
AWAKEN YOUR
SOUL

RETREAT HIGHLIGHTS



AYURVEDIC CONSULTATION
Personalized wellness assessment & guidance



AYURVEDIC NUTRITION
Sattvic, nourishing meals & herbal drinks



YOGA & PRANAYAMA
Daily yoga, breathing exercises & relaxation



WOMEN WELLNESS WORKSHOPS
Inspiring sessions on women's health & personal growth



MEDITATION & MINDFULNESS
Guided meditation and mindfulness practices



NATURE WALKS & EXCURSIONS
Explore the beauty and energy of nature



AYURVEDIC THERAPIES
Rejuvenating therapies for deep healing & detox



GANGA AARTI EXPERIENCE
Spiritual upliftment with the sacred Ganga Aarti



RETREAT INCLUDES



Luxury Accommodation



Daily Yoga, Meditation & Pranayama



Ayurvedic Consultations



Personalized Therapies



Healthy Ayurvedic Meals & Herbal Beverages



Workshops & Group Sessions



Nature Therapy & Spiritual Activities



Ongoing Support & Follow-up

INVEST
IN YOURSELF
YOU DESERVE
THE BEST

BENEFITS OF OUR RETREAT

- Reduces stress & anxiety
- Improves physical & mental well-being
- Enhances self-awareness & emotional balance
- Boosts energy, immunity & vitality
- Supports women's health & hormones
- Improves sleep & digestion
- Builds confidence & inner strength
- Creates lasting friendships & meaningful connections



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AYURVEDA



HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

CREATING A LIFELONG WELLNESS ROUTINE

HEALTHY HABITS • HEALTHY LIFE • HAPPY FUTURE

**BUILD A STRONG FOUNDATION FOR A
HEALTHIER, HAPPIER YOU – EVERY DAY!**

Ayurveda teaches us that true wellness comes from balanced daily routines, mindful choices and self-care. Create habits that support your body, mind, emotions and spirit for a lifetime of vibrant health.

OUR PROGRAM INCLUDES

- Ayurvedic Consultation & Prakriti Analysis
- Personalized Wellness Planning
- Dinacharya – Daily Routine Guidance
- Yoga & Pranayama Practices
- Meditation & Mindfulness
- Healthy Eating & Ayurvedic Nutrition
- Herbal Teas & Natural Hydration
- Healthy Sleep Habits
- Stress Management Techniques
- Nature Therapy & Outdoor Activities
- Self-Care & Self-Love Practices
- Habit-Building Strategies
- Wellness Coaching & Support



MORE ENERGY
Feel active and vibrant throughout the day



BETTER DIGESTION
Nourish your body with the right foods and habits



QUALITY SLEEP
Enjoy deep, restorative sleep for complete rejuvenation



STRESS RELIEF
Calm your mind, balance emotions and reduce daily stress



STRONGER IMMUNITY
Build natural defenses and protect your well-being



HAPPY MIND & BODY
Experience inner peace, positivity and lasting happiness

YOUR DAILY WELLNESS ROUTINE



MORNING RITUALS

Wake up early, drink warm water, meditate, and practice yoga



NOURISHING FOOD

Eat fresh, seasonal, sattvic meals that nourish body and mind



HERBAL SUPPORT

Sip herbal teas, stay hydrated and support natural detoxification



MINDFUL LIVING

Practice gratitude, manage stress and focus on positive thoughts



RESTFUL SLEEP

Maintain a night routine and get deep, quality sleep



MOVE & CONNECT

Stay active, spend time in nature and connect with loved ones

BENEFITS FOR A LIFETIME

- Healthy daily routine
- Improved physical & mental health
- Better focus and productivity
- Stable emotions and inner peace
- Reduced risk of lifestyle diseases
- Stronger body, calmer mind
- Balanced hormonal health
- Long-term vitality and happiness



WHO CAN JOIN?

- Women of all ages
- Busy professionals
- Homemakers
- Students
- Anyone who wants to build a healthier, happier life



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CREATING A LIFELONG WELLNESS ROUTINE

HEALTHY HABITS • HEALTHY LIFE • LIFELONG WELLNESS

SMALL DAILY CHOICES, BIG LIFELONG RESULTS

Ayurveda teaches us that lasting wellness comes from balance, mindful living and consistent daily routines. Start your journey today towards a healthier, happier and more meaningful life.

BENEFITS OF A WELLNESS ROUTINE



INCREASES ENERGY

Feel active and energetic throughout the day



IMPROVES DIGESTION

Support healthy digestion and nutrient absorption



BETTER SLEEP

Enjoy deep, restorative sleep and wake up refreshed



REDUCES STRESS

Calm your mind and support emotional well-being



STRONGER IMMUNITY

Build natural defenses and protect your body



BALANCED BODY & MIND

Promotes inner peace, positivity and overall balance

OUR PROGRAM INCLUDES

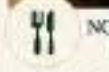
- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Personalized Wellness Planning
- ✦ Dinacharya – Daily Routine Guidance
- ✦ Yoga & Pranayama Practices
- ✦ Meditation & Mindfulness
- ✦ Ayurvedic Nutrition & Healthy Eating
- ✦ Herbal Teas & Natural Hydration
- ✦ Healthy Sleep & Relaxation Techniques
- ✦ Stress Management & Mental Wellness
- ✦ Nature Therapy & Outdoor Activities
- ✦ Self-Care & Self-Love Practices
- ✦ Habit-Building Strategies
- ✦ Wellness Coaching & Ongoing Support

YOUR DAILY WELLNESS ROUTINE



MORNING RITUALS

Wake up early, hydrate, cleanse, stretch, meditate



NOURISHING FOOD

Eat fresh, seasonal, sattvic meals for strength and vitality



HERBAL SUPPORT

Drink herbal teas and warm water throughout the day



MINDFUL BREAKS

Take mindful breaks, practice gratitude and deep breathing



RESTFUL SLEEP

Follow a night routine for deep, quality sleep



MOVE & CONNECT

Stay active, spend time in nature and connect with loved ones

KEY HABITS FOR LIFELONG WELLNESS

- ✦ Wake up early and be grateful
- ✦ Cleanse body and mind daily
- ✦ Eat mindfully and stop before full
- ✦ Stay hydrated with warm water & herbal drinks
- ✦ Practice yoga, pranayama and meditation
- ✦ Move your body every day
- ✦ Take time for self-care and relaxation
- ✦ Sleep on time and follow a night routine
- ✦ Limit screen time and digital distractions
- ✦ Stay connected with positive people
- ✦ Keep learning and stay inspired



“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

– Aristotle

WHO CAN JOIN?

- ✦ Working Professionals
- ✦ Busy Individuals
- ✦ Homemakers
- ✦ Students
- ✦ Seniors
- ✦ Anyone who wants to improve their health and quality of life



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Realizing the Divine Within



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TRAVEL & TOURISM

CREATING A LIFELONG WELLNESS ROUTINE

HEALTHY HABITS • HEALTHY LIFE • LIFELONG WELLNESS

SMALL DAILY CHOICES, BIG LIFELONG RESULTS

Ayurveda teaches us that true wellness comes from balance, mindful living and consistent daily routines. Start your journey today towards a healthier, happier and more meaningful life.

BENEFITS OF A WELLNESS ROUTINE



INCREASES ENERGY

Feel active and energetic throughout the day



IMPROVES DIGESTION

Support healthy digestion and nutrient absorption



BETTER SLEEP

Enjoy deep, restorative sleep and wake up refreshed



REDUCES STRESS

Calm your mind and support emotional well-being



STRONGER IMMUNITY

Build natural defenses and protect your body



BALANCED BODY & MIND

Promotes inner peace, positivity and overall balance

DISCIPLINE
TODAY
WELLNESS
FOREVER

OUR PROGRAM INCLUDES

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- ✦ Stress Management & Mental Wellness
- ✦ Nature Therapy & Outdoor Activities
- ✦ Self-Care & Self-Love Practices
- ✦ Habit-Building Strategies
- ✦ Wellness Coaching & Ongoing Support

YOUR DAILY WELLNESS ROUTINE



MORNING RITUALS

Wake up early, hydrate, cleanse, stretch, meditate



NOURISHING FOOD

Eat fresh, seasonal, sattvic meals for strength and vitality



HERBAL SUPPORT

Drink herbal teas and warm water throughout the day



MINDFUL BREAKS

Take mindful breaks, practice gratitude and deep breathing



RESTFUL SLEEP

Follow a night routine for deep, quality sleep



MOVE & CONNECT

Stay active, spend time in nature and connect with loved ones

KEY HABITS FOR LIFELONG WELLNESS

- ✦ Wake up early and be grateful
- ✦ Cleanse body and mind daily
- ✦ Eat mindfully and stop before full
- ✦ Stay hydrated with warm water & herbal drinks
- ✦ Practice yoga, pranayama and meditation
- ✦ Move your body every day
- ✦ Take time for self-care and relaxation
- ✦ Sleep on time and follow a night routine
- ✦ Limit screen time and digital distractions
- ✦ Stay connected with positive people
- ✦ Keep learning and stay inspired



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- Aristotle

WHO CAN JOIN?

- ✦ Women of all ages
- ✦ Working Professionals
- ✦ Homemakers
- ✦ Students
- ✦ Seniors
- ✦ Anyone who wants to improve their health and quality of life



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PERSONALIZED WOMEN'S WELLNESS ACTION PLAN

✿ YOUR HEALTH. YOUR GOALS. YOUR JOURNEY ✿

Every woman is unique, and your wellness plan should be too. Our personalized Ayurvedic approach helps you achieve balance, energy, hormonal health and emotional well-being through a plan designed just for you.

EMPOWER
YOUR BODY
NOURISH YOUR
MIND
LOVE YOURSELF
EVERY DAY

OUR PERSONALIZED APPROACH



AYURVEDIC CONSULTATION
In-depth consultation with experienced Ayurvedic doctors



PRAKRITI ANALYSIS
Understand your body constitution and unique needs



PERSONALIZED WELLNESS PLAN
Customized diet, lifestyle, yoga, and herbal plan for your goals



HOLISTIC HEALING
Natural therapies, detox, stress management and self-care

WHAT YOUR PLAN INCLUDES



YOGA & PRANAYAMA
Daily practices for strength, flexibility and inner balance



AYURVEDIC NUTRITION
Personalized diet to balance hormones and boost vitality



MEDITATION & MINDFULNESS
Reduce stress, calm your mind and enhance self-awareness



HERBAL WELLNESS
Ayurvedic herbs and teas to support women's health



RESTORATIVE SLEEP
Healthy sleep routine for deep rest and rejuvenation



SELF-CARE & SELF-LOVE
Build self-confidence, inner peace and happiness



STRESS MANAGEMENT
Effective techniques to manage stress and emotional balance



ONGOING SUPPORT
Regular follow-ups, guidance and progress tracking

KEY BENEFITS

- ✓ Improved hormonal balance
- ✓ Increased energy and vitality
- ✓ Better digestion and detox
- ✓ Healthy glowing skin & hair
- ✓ Improved sleep quality
- ✓ Stress relief and emotional balance
- ✓ Stronger immunity
- ✓ Sustainable healthy lifestyle



WHO CAN BENEFIT?



Women of All Ages



Working Professionals



Homemakers



Students



Women Managing Stress or Health Challenges

A PERSONALIZED PLAN TODAY FOR A HEALTHIER, HAPPIER TOMORROW



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CARE

CREATING A LIFELONG WELLNESS ROUTINE

✿ SMALL DAILY HABITS, BIG LIFELONG RESULTS ✿

**BUILD A STRONG FOUNDATION FOR A
HEALTHIER, HAPPIER YOU – EVERY DAY!**

Ayurveda teaches us that true wellness comes from balance. With the right daily routine, mindful choices and self-care, you can achieve vibrant health, inner peace and a more meaningful life.

✿ BENEFITS OF A WELLNESS ROUTINE ✿

					
INCREASES ENERGY	IMPROVES DIGESTION	BETTER SLEEP	REDUCES STRESS	STRONGER IMMUNITY	BALANCED BODY & MIND
Feel active and energetic throughout the day	Support healthy digestion and nutrient absorption	Enjoy deep, restorative sleep and wake up refreshed	Calm your mind and support emotional well-being	Build natural defenses and protect your body	Promotes inner peace, positivity and overall balance

OUR PROGRAM INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Personalized Wellness Planning
- ✦ Dinacharya – Daily Routine Guidance
- ✦ Yoga & Pranayama Practices
- ✦ Meditation & Mindfulness
- ✦ Ayurvedic Nutrition & Healthy Eating
- ✦ Herbal Teas & Natural Hydration
- ✦ Healthy Sleep & Relaxation Techniques
- ✦ Stress Management & Mental Wellness
- ✦ Nature Therapy & Outdoor Activities
- ✦ Self-Care & Self-Love Practices
- ✦ Habit-Building Strategies
- ✦ Wellness Coaching & Ongoing Support

✿ YOUR DAILY WELLNESS ROUTINE ✿

					
 MORNING RITUALS	 NOURISHING FOOD	 HERBAL SUPPORT	 MINDFUL BREAKS	 RESTFUL SLEEP	 MOVE & CONNECT
Wake up early, hydrate, cleanse, stretch, meditate	Eat fresh, seasonal, sattvic meals for strength and vitality	Drink herbal teas and warm water throughout the day	Take mindful breaks, practice gratitude and deep breathing	Follow a night routine for deep, quality sleep	Stay active, spend time in nature and connect with loved ones

KEY HABITS FOR LIFELONG WELLNESS

- ✦ Wake up early and be grateful
- ✦ Cleanse body and mind daily
- ✦ Eat mindfully and stop before full
- ✦ Stay hydrated with warm water & herbal drinks
- ✦ Practice yoga, pranayama and meditation
- ✦ Move your body every day
- ✦ Take time for self-care and relaxation
- ✦ Sleep on time and follow a night routine
- ✦ Limit screen time and digital distractions
- ✦ Stay connected with positive people
- ✦ Keep learning and stay inspired



“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”
– Aristotle

WHO CAN JOIN?

- ✦ Women of all ages
- ✦ Working Professionals
- ✦ Homemakers
- ✦ Students
- ✦ Anyone who wants to improve their health and quality of life



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TODAY ✿**



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Care with Compassion



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Understanding Your Own Self
Realizing the Divine Within



MOTHER EARTH
TRAVEL & TOURISM

PERSONALIZED WOMEN'S WELLNESS ACTION PLAN

✿ YOUR HEALTH • YOUR GOALS • YOUR JOURNEY ✿

A holistic health plan designed for the unique needs of every woman. Backed by Ayurveda. Guided by compassion. Created for a better tomorrow.

OUR PROGRAM INCLUDES

- Ayurvedic Consultation
- Prakriti Analysis
- Personalized Wellness Plan
- Yoga & Pranayama
- Meditation & Mindfulness
- Ayurvedic Nutrition
- Herbal Wellness
- Healthy Sleep Guidance
- Stress Management
- Self-Care Coaching
- Goal Tracking
- Follow-Up Support

YOUR DAILY WELLNESS ROUTINE



YOGA

Build Strength & Flexibility



PRANAYAMA

Calm Mind & Boost Energy



NUTRITION

Nourish Your Body Naturally



HERBAL CARE

Support Your Inner Balance



HEALTHFUL SLEEP

Recharge & Stay Energized



SELF-CARE

Stronger Today
Brighter Tomorrow

KEY BENEFITS

- ✦ Personalized Wellness Guidance
- ✦ Increased Energy & Vitality
- ✦ Better Sleep Quality
- ✦ Healthy Digestion & Metabolism
- ✦ Emotional Balance & Stress Relief
- ✦ Stronger Immunity
- ✦ Healthy Lifestyle Habits
- ✦ Long-Term Wellness Support

Your Wellness
Your Way
A Healthier You
A Better Tomorrow

WHO CAN JOIN

- ✦ Women of All Ages
- ✦ Working Professionals
- ✦ Homemakers
- ✦ Students
- ✦ Anyone Seeking a Balanced & Healthy Life

CONTACT US

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Realizing the Divine Within



MOTHER EARTH
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Personalized Women's Wellness Action Plan

🌿 Your Health • Your Goals • Your Journey 🌿

Every woman is unique. Your wellness plan should be too. Our personalized Ayurvedic approach helps you create healthy habits, balance your mind and body, and build a better tomorrow.

PERSONALIZED FOR YOU



- ✓ Ayurvedic Consultation
- ✓ Prakriti Analysis
- ✓ Lifestyle Assessment
- ✓ Personalized Action Plan
- ✓ Ongoing Guidance

YOUR WELLNESS JOURNEY INCLUDES

- ✓ Yoga & Pranayama
- ✓ Meditation & Mindfulness
- ✓ Ayurvedic Nutrition
- ✓ Herbal Wellness
- ✓ Healthy Sleep Habits
- ✓ Stress Management
- ✓ Self-Care Practices
- ✓ Goal Setting & Tracking
- ✓ Lifestyle Guidance
- ✓ Ongoing Support
- ✓ Holistic Wellness
- ✓ Lasting Transformation



YOGA
Build Strength
and Flexibility



HERBAL WELLNESS
Natural Care for
Better Health



NUTRITION
Nourish Your Body
Naturally



MEDITATION
Calm Mind,
Stronger You



SLEEP WELL
Recharge, Relax,
Repeat



NATURE THERAPY
Heal, Refresh,
Reconnect

KEY BENEFITS

- ✓ Personalized Wellness Guidance
- ✓ Increased Energy & Vitality
- ✓ Better Digestion & Metabolism
- ✓ Improved Sleep Quality
- ✓ Reduced Stress & Anxiety
- ✓ Hormonal Balance
- ✓ Stronger Immunity
- ✓ Emotional Well-being
- ✓ Sustainable Healthy Habits
- ✓ Long-Term Wellness Support

“

We are what
we repeatedly do.
Excellence, then,
is not an act,
but a habit.
— Aristotle

”

WHO CAN JOIN

- ✓ Women of All Ages
- ✓ Working Professionals
- ✓ Homemakers
- ✓ Students
- ✓ Anyone Seeking a Healthier Lifestyle

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STARTS TODAY**

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MOTHER EARTH
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DAILY WELLNESS CLASSES

LEARN • PRACTICE • TRANSFORM

A holistic approach to health, happiness
and harmony through Ayurveda.

JOIN US EVERY DAY & MAKE WELLNESS
A LIFESTYLE, NOT A CHOICE

ONE HOUR
EVERY DAY
FOR A HEALTHIER
HAPPIER
YOU

OUR DAILY CLASS INCLUDES

- ✦ Ayurvedic Consultation & Prakriti Analysis
- ✦ Yoga for Strength & Flexibility
- ✦ Pranayama for Energy & Balance
- ✦ Meditation for Mindfulness & Peace
- ✦ Ayurvedic Nutrition & Healthy Eating
- ✦ Herbal Tea & Natural Remedies
- ✦ Dinacharya & Lifestyle Education
- ✦ Stress Management Techniques
- ✦ Self-Care & Emotional Wellness
- ✦ Nature Walks & Outdoor Activities
- ✦ Wellness Coaching & Q&A Session



AYURVEDIC EXPERT GUIDANCE

Learn from experienced
Ayurvedic doctors
and wellness experts



HOLISTIC WELLNESS

Yoga, Pranayama,
Meditation &
Ayurveda Lifestyle



NATURAL HEALING

Restore balance,
boost immunity
and improve vitality
naturally



SUPPORTIVE COMMUNITY

Be part of a positive,
caring and inspiring
wellness community



DAILY PRACTICE BETTER RESULTS

Small daily steps
for lifelong health
and happiness

WHAT YOU WILL EXPERIENCE EVERY DAY



YOGA

Improve flexibility,
strength and
posture



PRANAYAMA

Increase energy,
lung capacity and
mental clarity



MEDITATION

Reduce stress,
improve focus and
inner peace



NUTRITION

Learn to eat right
with Ayurvedic
guidance



HERBAL CARE

Detoxify, nourish
and heal naturally
with herbs



NATURE & COMMUNITY

Connect with nature
and build meaningful
relationships

BENEFITS OF DAILY PRACTICE

- ✦ Increases energy and stamina
- ✦ Improves digestion and metabolism
- ✦ Supports better sleep
- ✦ Reduces stress and anxiety
- ✦ Strengthens immunity
- ✦ Enhances emotional well-being
- ✦ Promotes healthy habits
- ✦ Supports long-term wellness

Take care of your
body. It's the only
place you have to
live in.
- Jim Rohn



WHO CAN JOIN?

- ✦ Women of all ages
- ✦ Working Professionals
- ✦ Homemakers
- ✦ Students
- ✦ Seniors
- ✦ Anyone who wants to improve health & lifestyle

JOIN TODAY!
1 HOUR EVERY DAY
FOR A BETTER YOU

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WEEKEND WELLNESS WORKSHOPS

LEARN • HEAL • TRANSFORM

Spend your weekend investing in your health, happiness and personal growth with authentic Ayurveda. Learn practical skills, connect with like-minded people and take home tools for a healthier, balanced life.

OUR WORKSHOPS INCLUDE



YOGA & PRANAYAMA

Improve flexibility, breath and energy



MEDITATION & MINDFULNESS

Calm your mind, reduce stress



AYURVEDIC COOKING

Learn to prepare healthy, sattvic meals



HERBAL REMEDIES & NATURAL HEALING

Discover herbs and natural solutions



AYURVEDA LIFESTYLE & DAILY ROUTINE

Build healthy habits for everyday life



GROUP DISCUSSION & EXPERT SESSIONS

Learn, share and grow together

WORKSHOP HIGHLIGHTS

- Personalized Ayurvedic Consultation
- Prakriti Analysis
- Practical Yoga & Pranayama
- Guided Meditation
- Ayurvedic Cooking Session
- Herbal Tea & Detox Drinks
- Stress Management Techniques
- Healthy Nutrition Guidance
- Nature Walks & Outdoor Activities
- Certificate of Participation
- Lifetime Support & Guidance

Take care of your body.
It's the only place you have to live in.

— Jim Rohn



YOU WILL EXPERIENCE

- Renewed energy and vitality
- Better digestion and immunity
- Improved sleep and relaxation
- Positive mindset and clarity
- Healthy lifestyle practices
- Stronger connection with nature
- Meaningful friendships
- Practical tools for lifelong wellness

WHO CAN JOIN?

Anyone who wants to improve health, reduce stress and live a balanced life.



LIMITED SEATS!
BOOK YOUR SPOT
TODAY!

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WELLNESS



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7-DAY • 14-DAY • 21-DAY AYURVEDA RETREATS

RELAX • HEAL • TRANSFORM

A JOURNEY TO HOLISTIC WELLNESS,
BALANCE & INNER PEACE

Escape the stress of daily life and experience the timeless wisdom of Ayurveda in the serene Himalayas and the sacred banks of the Ganga, Rishikesh.

AYURVEDA
IS NOT JUST
TREATMENT,
IT'S A WAY
OF LIFE.

EXPERIENCE INCLUDES



Ayurvedic Consultation
Personalized consultation & Prakriti analysis



Daily Yoga & Pranayama
Rejuvenate body, mind & breath every day



Meditation & Mindfulness
Cultivate inner peace, clarity & emotional balance



Ayurvedic Therapies
Authentic therapies for detoxification & rejuvenation



Sattvic Nutrition
Nourishing Ayurvedic meals for healing



Herbal Wellness & Lifestyle
Herbal remedies, wellness guidance & daily routine



Nature, Ganga & Spirituality
Nature walks, Ganga Aarti & spiritual practices

CHOOSE YOUR RETREAT

7-DAY RETREAT WELLNESS RESET



- Ideal for beginners & busy professionals
- Stress relief & relaxation
- Detoxification & rejuvenation
- Build healthy daily habits
- Return home refreshed & energized

14-DAY RETREAT DEEPER WELLNESS & REJUVENATION



- Deeper detox & healing
- Improved digestion & immunity
- Balanced body, mind & emotions
- Personalized lifestyle guidance
- Sustainable wellness practices

21-DAY RETREAT COMPLETE TRANSFORMATION



- Comprehensive healing experience
- Long-term health transformation
- Weight management & vitality
- Emotional balance & mental clarity
- Personalized long-term wellness plan

RETREAT BENEFITS

- ✓ Reduce stress & anxiety
- ✓ Improve sleep & energy levels
- ✓ Strengthen immunity
- ✓ Better digestion & metabolism
- ✓ Detoxify & rejuvenate the body
- ✓ Enhance focus & mental clarity
- ✓ Emotional balance & inner peace
- ✓ Create lifelong healthy habits



INVEST IN YOURSELF.
YOU DESERVE IT.

One decision today can transform your tomorrow.

**BOOK YOUR
RETREAT TODAY!**

Limited Seats. Personalized Care.
Lasting Transformation.

**OM AYURVEDA
RISHIKESH**

Where Tradition Meets Wellness

+91 7904218828
+91 9405225604
info@omayurveda.org
www.omayurveda.org
Rishikesh, Uttarakhand, India



SCAN TO
KNOW MORE
& BOOK YOUR
RETREAT



AUTHENTIC
AYURVEDA



HOLISTIC
WELLNESS



NATURAL
HEALING



SAFE &
PROFESSIONAL



COMPASSIONATE
CARE

CORPORATE WOMEN'S WELLNESS PROGRAMS

HEALTHY WOMEN • HEALTHY WORKPLACE •
STRONGER ORGANIZATION

Empower your women employees with holistic wellness programs that enhance their physical, mental and emotional well-being, leading to a happier, healthier and more productive team.

INVEST IN
WELLNESS,
EMPOWER
POTENTIAL

OUR CORPORATE WELLNESS PROGRAM INCLUDES



**AYURVEDIC
CONSULTATION**
Personalized health
assessment &
Ayurvedic guidance



**YOGA &
PRANAYAMA**
Improve flexibility,
energy, focus
& stress relief



**MEDITATION &
MINDFULNESS**
Enhance mental clarity,
emotional balance
& inner peace



**NUTRITION &
HEALTHY LIFESTYLE**
Build healthy eating
habits for sustained
well-being



**ERGONOMICS &
POSTURE CARE**
Reduce body pain,
improve posture
& work comfort



**STRESS MANAGEMENT
& WORK-LIFE BALANCE**
Practical tools to manage
stress & create balance
in daily life

PROGRAM BENEFITS

- Improved physical & mental health
- Reduced stress & anxiety
- Increased productivity & focus
- Better teamwork & communication
- Enhanced energy & positivity
- Lower absenteeism
- Greater job satisfaction
- Stronger, healthier workplace culture



HEALTHY EMPLOYEES ARE THE FOUNDATION OF A SUCCESSFUL ORGANIZATION.
Partner with Om Ayurveda, Rishikesh for customized Corporate Women's Wellness Programs.

EXPERT GUIDANCE
by Ayurvedic
Professionals

**CUSTOMIZED
PROGRAMS**
for Your Organization

FLEXIBLE SESSIONS
Online / Offline /
At Your Workplace

**HOLISTIC
& NATURAL
APPROACH**

**WELLNESS REPORTS
& IMPACT
ANALYSIS**



Let's build a healthier,
happier & more productive
workplace together!

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Om Ayurveda
Authentic Ayurvedic Care



Care with Compassion



GodItsYou.net
Understanding Your Own Self,
Realizing the Divine Within



MOTHER EARTH
TRAVEL & TOURISM

PERSONALIZED WELLNESS CONSULTATIONS

UNDERSTAND YOUR BODY
HEAL YOUR MIND | THRIVE NATURALLY

Experience the power of personalized Ayurvedic care designed just for you.
Our expert consultations help you achieve balance, vitality and long-term well-being.

A HOLISTIC APPROACH TAILORED JUST FOR YOU



AYURVEDIC CONSULTATION

In-depth consultation with experienced Ayurvedic experts



PRAKRITI ANALYSIS

Discover your unique mind-body constitution



LIFESTYLE & DIET ASSESSMENT

Personalized diet, lifestyle & daily routine recommendations



YOGA & PRANAYAMA

Customized yoga, breathwork & relaxation practices



NUTRITION & HERBAL GUIDANCE

Ayurvedic nutrition and herbal support for lasting wellness



WELLNESS PLAN & FOLLOW-UP

Personalized wellness plan with regular follow-ups

BENEFITS OF PERSONALIZED WELLNESS CONSULTATIONS

- Improved digestion & metabolism
- Increased energy & immunity
- Better sleep & stress management
- Healthy weight & hormone balance
- Balanced mind, body & emotions
- Sustainable & long-term results



"When we treat the root cause, not just the symptoms, true healing happens."



EXPERT AYURVEDIC DOCTORS



NATURAL & SAFE RECOMMENDATIONS



PERSONALIZED WELLNESS PLAN



ONLINE & OFFLINE CONSULTATIONS



HOLISTIC HEALING APPROACH



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HERE

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PERSONALIZED WELLNESS CONSULTATIONS

YOUR BODY • YOUR GOALS • YOUR JOURNEY

Experience the power of personalized Ayurvedic care. Our expert consultations help you understand your unique constitution and create a practical wellness plan for a healthier, happier and balanced life.

OUR CONSULTATION INCLUDES



AYURVEDIC CONSULTATION

In-depth consultation with experienced Ayurvedic experts



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PERSONALIZED PLAN & FOLLOW-UP

Customized wellness plan with regular follow-ups

BENEFITS OF PERSONALIZED WELLNESS

- ✓ Better digestion & metabolism
- ✓ Increased energy & immunity
- ✓ Reduced stress & improved sleep
- ✓ Balanced mind, body & emotions
- ✓ Healthy weight management
- ✓ Sustainable & long-term results



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Realizing the Divine Within



MOTHER EARTH
TRAVEL AND TOURISM

PRECONCEPTION WELLNESS PLANNING

Prepare Today, Nurture a Healthy Tomorrow

A healthy pregnancy begins with preparation, balance and awareness.

Our Preconception Wellness Planning program helps women and couples optimize their physical, mental and emotional health before conception through holistic Ayurvedic guidance.

STRONG
FOUNDATION
FOR A
HEALTHY
FUTURE

WHAT YOU WILL GAIN



HEALTH ASSESSMENT

In-depth evaluation of your current health and medical history



PRAKRITI ANALYSIS

Understand your body constitution and imbalances



NUTRITION GUIDANCE

Personalized diet plan to nourish your reproductive health



YOGA & MEDITATION

Improve hormone balance, reduce stress and build vitality



BETTER SLEEP

Support restful sleep for hormonal and emotional balance



STRESS MANAGEMENT

Techniques to calm the mind and improve overall well-being



LIFESTYLE PLANNING

Daily routine and healthy habits for fertility and wellness



BENEFITS OF PRECONCEPTION WELLNESS PLANNING

- ✓ Supports hormonal balance naturally
- ✓ Improves egg and sperm quality
- ✓ Enhances fertility and conception chances
- ✓ Increases energy and overall vitality
- ✓ Reduces stress and anxiety
- ✓ Supports a healthy pregnancy & baby



PERSONALIZED AYURVEDIC CARE

- ✓ Personalized Wellness Plan
- ✓ Ayurvedic Herbs & Natural Support (when appropriate)
- ✓ Detox & Rejuvenation Therapies (Panchakarma when needed)
- ✓ Lifestyle & Daily Routine Guidance
- ✓ Emotional Well-being Support



OUR HOLISTIC APPROACH

Ayurveda looks at you as a whole - body, mind and spirit. Our holistic approach addresses the root cause and prepares you for a joyful and healthy parenthood journey.



AYURVEDA



NUTRITION



YOGA



LIFESTYLE



MIND CARE

WHO CAN BENEFIT?

- ✓ Couples planning for pregnancy
- ✓ Women with irregular cycles
- ✓ Those with hormonal imbalance
- ✓ Individuals with low energy or stress
- ✓ Anyone looking to improve reproductive wellness

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