



**HOLISTIC
WELLNESS**
PROGRAMME

A **CORPORATE** WELLNESS WORKSHOP

WE HELP YOU TO **ACHIEVE YOUR WELLBEING**

Help employees get fit, get well & get inspired to experience highest bliss of life.

OUR EXPERTISE



PERSONAL DEVELOPMENT

Personality development, positive attitude, concentration & gaining unshakable confidence.



STRESS MANAGEMENT

Managing Stress, Test anxiety, fears, phobias, PTSD and being a Successful Human.



MOTIVATION

Sustaining efforts towards accomplishments & keeping high energy level throughout life.



CONSCIOUSNESS

Creative Consciousness trainings bring consciousness development and personal transformation.

ABOUT US

We promote the cause of intelligent art of living; a healthy, peaceful, spiritual value based life of lofty ideals and moral values manifesting the inner divinity and spiritual energies of humankind.

Holistic Wellness Programme is a combination of easy to learn and effective healing & meditation methods that anyone can use for personality development, promoting relaxation and stress reduction - Physical, mental and emotional healing.

The purpose of program is to develop employee's total potential to the maximum – their creativity, intelligence and happiness. Through this program, individuals enliven the most creative, powerful and blissful level of their own awareness, pure consciousness.

The result: greater intelligence, greater creativity, greater learning ability, less stress, better health, better relationships and a better world.

ABOUT PROGRAMME

COSMIC ENERGY TAPPING

Cosmic life force energy that helps development, self healing and healing others.

EMOTIONAL FREEDOM TECHNIQUE(EFT)

EFT is an easy and powerful technique to release negative emotions relieving imbalances in our energy systems.

Length of Session - 4 Hrs. Cost - INR 1500/participant

MINDFUL MEDITATIONS

Aware in present moment reduces thought stream and prevents stress, anxiety & relapses of depression.

YOGANIDRA

Reprogramme your subconscious mind through yoganidra and bring an incredible calmness, quietness & clarity.

Length of Session - 4 Hrs. Cost - INR 1500/participant

PHASE 1

PHASE 2



THE **HOLISTIC CARE**

make life positive

DIRECTOR: MOHAN CHUTE, MD (Alternative Medicine)

Phone: +91 7030880661, 7588244445 | Email: info@theholisticcare.com

Website: www.theholisticcare.com