WE HELP YOU TO ACHIEVE WELLBEING
OUR FOCUS.
Develop employee's total potential.

HELP EMPLOYEES
GET FIT,
GET WELL,
GET INSPIRED
TO EXPERIENCE
ULTIMATE
BLISS IN LIFE.

THE HOLISTIC CARE
www.theholisticcare.com info@theholisticcare.com
EVERY year around 10 million individuals in the world suffer from work-related stress, depression and / or anxiety resulting in:

- Reduced work performance
- Illness
- Poor time keeping
- General absenteeism
- Increased staff turnover

Costing industry millions of revenue, time & the expense incurred on resultant health care issues.

These all tend to rise in accordance with job pressures, all of which have a devastating effect on profit margins, not to mention morale. If stress remains undetected or is simply ignored, the problem will not go away, it will simply be exacerbated: sturdier and efficient members of staff will eventually suffer too, as they become burdened with the work of colleagues who are less able to cope.
In fact, it's hard to think of any disease in which stress cannot play an aggravating role or any part of the body that is not affected.

**The Physical Signs of Stress**
- Increased heart rate, stomach & digestive disturbances, diarrhea, sweating, heart attack, ulcers, head aches, chest pains, insomnia, accident prone, alcoholism, high BP.

**The Mental Signs of Stress**
- Tension, tightness, resistance, friction, anger, guilt, critical, anxiety, evasion, reactive, discontentment, worry, impatience, apprehension
POSITIVE Change

A subtle yet powerful change in the collective corporate consciousness.

GREAT CHANGE
When dealt with in the right way, conflict can actually lead to positive outcomes such as more effective teamwork and greater innovation. This clearly indicates that there is a need for complementary therapies within the workplace.

AWARENESS
Today mainstream businesses become more aware of the physical health and psychological wellness benefits of meditation and other holistic and spiritual disciplines, a subtle yet powerful change in the collective corporate consciousness is taking place.

WELLBEING
It has become increasingly common for companies to introduce their staff to holistic practices that enhance their health and wellbeing so as to lower stress levels in the work place and to encourage maximum productivity and ingenuity.

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ONSITE Wellbeing

The program is designed to lower stress levels, by teaching techniques to build greater personal awareness, conscious thinking and personal empowerment to effectively diffuse stress and emotions in stress related situations, calm the mind and body and provide the ability to bring yourself back into balance quickly.

So you want to utilize your new skills and create new levels of success in your personal and professional life.

We assist in those desiring wholeness, healing & wellness by helping them to seek out and heal the root causes of their physical, mental, emotional & spiritual issues.

We have developed and piloted a practical wellness program for busy people. The program is delivered in a light-hearted way to make learning fun and engaging.

Benefits for companies & their employees.

OUR SERVICES

The Holistic Care brings balance and rejuvenation to the corporate environment.

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At the core of the Corporate Wellness Program is holistic healing using

**Reiki**
**EFT**
**Yoga and Practical Meditation**

You will get to experience formal meditation/ holistic healing during the sessions and will be taught informal meditation techniques which teach you to bring yourself into the present moment as often as possible during your day. We demonstrate how to apply them to a busy & often stressful working life.

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

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

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

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

The Holistic Care promoting a holistic understanding of the unity of life recognizing the challenges of highspeed global change, we foster the well-being of the entire human family by promoting holistic understanding.

STRESS FREE NOW

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

THE HOLISTIC CARE
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OUR TEAM.

SHARAD PATIL
Dy. Collector & Life Skill Trainer
Served as a Deputy Collector at Government of Maharashtra & Key Faculty in Soft/Life Skill Training with over 20+ years of experience.

RAHUL CHUTE
Brand and Design Creative and innovative graphics and web designer developer. He has completed over 200 successful marketing / branding projects for wellness clients around the world.

EXPERT TEAM
We have built a team of experts focused on Soft/ Life Skill

STEPHEN SEQUIRA
Soft Skill & Behavioural Trainer
Key Faculty in Soft Skill Training with over 15+ years of experience in HRD. Helps organizations in moving their human potential to newer ways of thinking & helping them to achieve their goals.
Dr. Amit Rathi - a wellness guide and a lifestyle trainer of present era, with the expertise in the field of Holistic Health through Integrated Approach of Yoga Therapy (IAYT) and Ayurveda. His mastery to simplify the complexity of health problems and to provide simple but powerful solutions has attracted thousands of health seekers throughout the world towards his workshop.

After completion of his Doctor of Medicine (MD) in Yoga and Rehabilitation, he has adopted the mission of preventing India to become 'Diabetes capital of the world', under the guidance of Dr. H R Nagendra (the yoga guru of Prime Minister, Shri Narendra Modi) and Dr. Nagaratna. He has trained hundreds of yoga teachers for delivering yoga therapy.
Bharani is a technocrat with Bachelor of Engineering degree in Computer sciences with 13.5 years of experience in IT as a Project Manager, but her deep passion for Spirituality and Metaphysics made her delve into various Healing and Meditation Modalities. She gave up a successful career as an IT project manager to take up teaching Yoga and Reiki to spread healing and spirituality.

She was introduced to Yoga and Meditation at the age of 12 and trained under the eminent guidance of her father Guruji Surendra Katthula (New Jersey), who is a registered Yoga Teacher (E-RYT 500) with Yoga Alliance.
MOHAN CHUTE (M.D. Alternative Medicine)

A Software Programmer, Wellness Trainer, Healer, Reiki Grand Master, EFT Trainer, Hypnotic Regressologiest, Yoga expert, Meditation Teacher...

From a very young age, been extremely passionate about meditation and yoga, he independently pursued and learned to meditate at the age of 17. He promotes the cause of intelligent art of living a healthy, peaceful, spiritual value based life of lofty ideals & moral values manifesting the inner divinity & spiritual energies of humankind.
For inquiries about interactive workshops/ training/ healing sessions contact us on,

www.theholisticcare.com
GOOD BYE