

# Bio 7 Wellness Basic

Professional Practice Courses

*S Pujah*



# BENEFITS OF OUR TRAINING PROGRAMS

"Mastering the Ancients: Decoding Vedas, Ayurveda and Wellness for Mind, Body, and Spaces."



ON - DEMAND  
COURSES



LIFETIME VALIDITY



PEER TO PEER LEARNING



COMPLETION CERTIFICATE



7 DAYS MONEY BACK  
GUARANTEE



## Practical Approach

Our training is designed to provide the skills in a practical approach. Our students' success is our best asset in showing the quality of our training.



## Globally Oriented

Strategies shared and knowledge earned allows our students to immediately set up their business and start offering their services start healing.



## For Your Career

Begin your healing career with Bio7 Wellness and Geo7 Spaces Certified Professional. Combine expertise and compassion for holistic well-being.

## WHAT CAN BE MEASURED, CAN BE MANAGED.

Essentially everything is energy and we utilize the energy measurement through the proprietary and engineered concept healing method, which integrates the measurement of the frequencies of the body and the mind and further alignment and correction of those frequencies by use of essential oils and sacred geometry.







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"CREATE  
POSITIVE  
CHANGE AND  
MAKE A LIVING—  
IT'S POSSIBLE  
WITH US."

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*the perfect time is now*

# BIO 7 WELLNESS BASIC

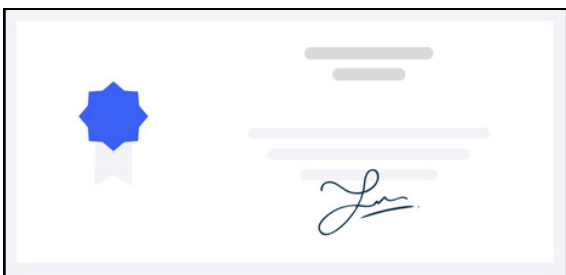
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## Course Overview

Embark on a transformative journey with our signature program, connecting quantum healing and diverse methodologies. Explore Ayurveda, Numerology, and Vastu principles for holistic well-being.

**Join us** on the journey to energy balance and wellness.

### Certification included



*S Pujah*

[ENROLL NOW](#)

# What's Included?

[DEMO VIDEO](#)



COURSE LECTURE  
NOTES

**57 PDFS**



5+ HOURS OF  
CONTENT

**31 Videos**



COURSE INDEX

**69  
CHAPTERS**

## Course Description

Signature program connecting all dots of quantum healing and many methodologies. When we put all systems as steps, anyone can be healed by that system. Let's begin the magical journey and explore the ancient wisdom of Ayurveda with our comprehensive course. Dive deep into Doshas (Vata, Pitta, Kapha), understand the five elements, and balance through six tastes. Visualize and connect with elements, learn dowsing techniques, and explore Spiritual Response Techniques (SRT) for healing. Master Chakra measurements, aromatherapy principles, and essential oils. Uncover the power of Numerology in personal and professional success, negotiation, and Astro-Numerology integration. Elevate living spaces with Vastu principles. Delve into aromatherapy essentials, safe usage, and Chakra-specific oil blending for holistic well-being.

# Content Highlights

- **Know Your Body: Dosha Understanding**
  - In-depth exploration of the three Doshas: Vata, Pitta, and Kapha. Understanding the role of Doshas in body constitution. Practical sessions on identifying and balancing personal Doshas.
- **Five Elements Exploration**
  - Deep dive into the ancient philosophy of the five elements. Understanding the elemental composition of the human body. Practical exercises to connect with and balance the five elements.
- **Six Taste Sensations**
  - Exploration of the six tastes in Ayurveda. Understanding the impact of tastes on overall well-being. Practical applications for balancing health through taste.
- **Visualizing the Five Elements**
  - Creative exercises to visualize and connect with the five elements. Incorporating visualization techniques for mental well-being. Enhancing awareness of elemental balance in daily life.
- **State of Mind and Dowsing Techniques**
  - Understanding the connection between mental states and energy flow. Practical sessions on dowsing techniques for energy awareness. Incorporating dowsing for emotional and mental well-being.
- **Spiritual Response Techniques (SRT)**
  - Introduction to SRT for spiritual healing. Hands-on practice in applying SRT for personal growth. Clearing and healing techniques using SRT.

# Content Highlights

- Chakra Measurements and Dowsing Charts
  - Detailed exploration of Chakras and their significance. Creating personalized dowsing charts for Chakra analysis. Practical sessions on measuring and balancing Chakras.
- Aromatherapy and Healing Practices
  - Understanding aromatherapy principles and safe usage. In-depth study of 35+ essential oils and their therapeutic properties. Practical blending sessions for Chakra balancing and overall well-being.
- Numerology and Astro-Numerology Integration
  - Global perspectives on Numerology and its impact. Decoding the sync between planets, numbers, and names. Practical applications for personal and professional success.
- Practical Numerology Applications
  - Selecting effective company names and logos for business success. Enhancing personal power through strategic name adjustments. Choosing gainful phone numbers and email IDs for effective communication.
- Negotiation Strategies and Numerology
  - Winning negotiations through numerological timing. Analyzing names numerologically to decide on beneficial relationships. Selecting lucky numbers for various life aspects.
- Astro-Numerology and Vastu Application
  - Integrating Astro-Numerology with Vastu principles. Lou Sho grid exploration for balanced living spaces. Zodiac signs, pinnacle numbers, and their influence on daily life.
- Aromatherapy Essentials and Safe Usage

# Content Highlights

- Astro-Numerology and Vastu Application
  - Integrating Astro-Numerology with Vastu principles. Lou Sho grid exploration for balanced living spaces. Zodiac signs, pinnacle numbers, and their influence on daily life.
- Aromatherapy Essentials and Safe Usage
  - In-depth study of 35+ essential oils for holistic well-being. Understanding carrier oils and notes of oils. Practical sessions on blending oils for specific purposes.
- Chakra-Specific Oil Blending
  - Creating personalized oil blends for Chakra balance. Incorporating aromatherapy with yoga and meditation. Enhancing overall well-being through Chakra-specific oil blends.





# KEY HIGHLIGHTS

## Interactive video

- Ignite Learning and interaction with exceptional video content

## Text material

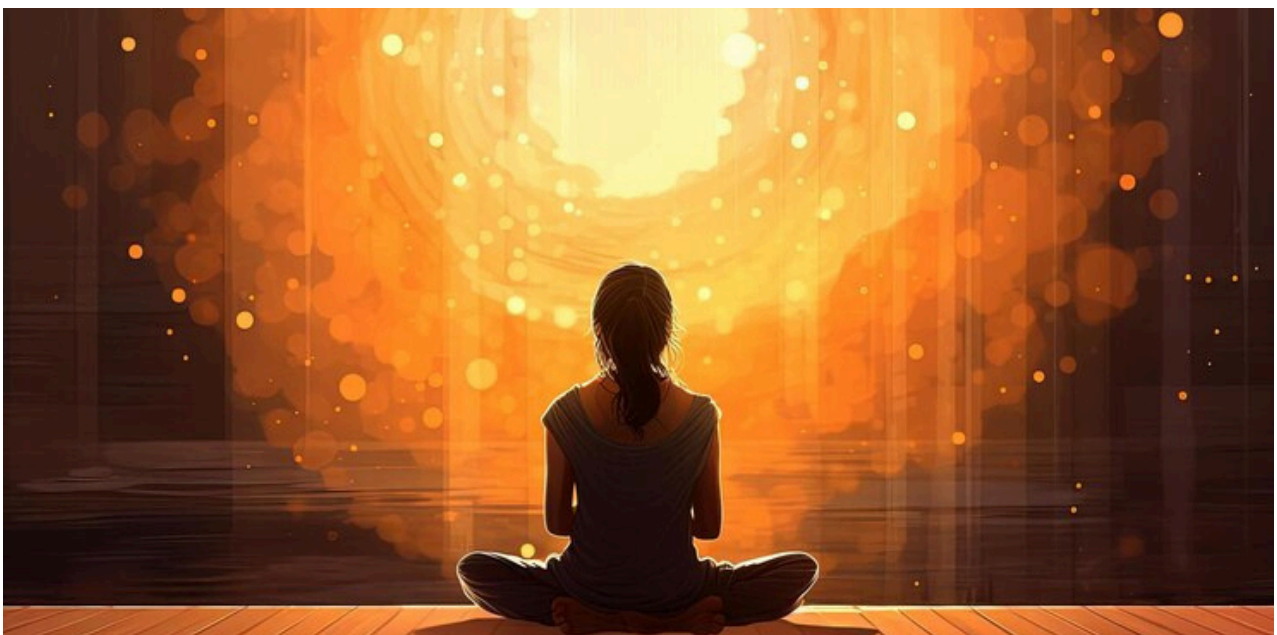
- Tools used by the world's top professionals. Unleash the power of E-books, PDF's, and more!

## Quizzes

- Unleashing the potential of learning and fueling curiosity!

## Certificate

- Boost your confidence, master the field, become a certified professional.



## 01 CHAKRA BASIC MODULE 1

- Chapter 1: Know your Body Dosha
- Chapter 2: 5 Elements
- Chapter 3: 3 Doshas
- Chapter 4: 6 Tastes
- Chapter 5: 5 Elements
- Chapter 6: State Of Mind

## 02 CHAKRA BASIC MODULE 2

- Chapter 1: Practicals Dowsing techniques
- Chapter 2: SRT (Spiritual Response Techniques)
- Chapter 3: Healing and clearing by Dowsing
- Chapter 4: Chakras measurements Charts
- Chapter 5: Dowsing Charts
- Chapter 6: How to create your own charts
- Chapter 7: Practice Sessions
- Chapter 8: How to Blend For Chakras Oils
- Chapter 9: How to Blend to Balance Planets
- Chapter 10: How to Blend for Elements
- Chapter 11: How to blend for Directions
- Chapter 12: Understanding adult's chakras with Understand Chakras & planets connections
- Chapter 13: Aromatherapy, Crystals, Salts Frequency healings Dowsing Intuitive Astrology Yoga
- Chapter 14: Meditation, sound therapy
- Chapter 15: Understanding Aromatherapy
- Chapter 16: Understanding Healings with Machine Using Dowser for Answers Using dowser for getting dates and Astro purpose Root Map – chart for clients

## 03 CHAKRA BASIC MODULE 3

- Chapter 1: Koshas
- Chapter 2: Body Emotions
- Chapter 3: Body Alignment
- Chapter 4: Root Chakra, Sacral Chakra
- Chapter 5: Solar, Heart
- Chapter 6: Throat, Third Eye
- Chapter 7: Crown
- Chapter 8: Role of Five Elements

## 04 NUMEROLOGY AND PLANETS

- Chapter 1: Numerology in Different Parts of the World
- Chapter 2: Effect of Numerology on our day to day life, How numbers vibration around us
- Chapter 3: Decoding the Planets and Numbers Sync
- Chapter 4: Attributes of each number and their effects
- Chapter 5: How to select the most effective company or brand name or logo per Numero for greater success in business ventures?
- Chapter 6: How to make your name more powerful by adding letters to it?
- Chapter 7: How to choose a gainful phone number?
- Chapter 8: How Numero-Powered E-mail Ids, Passwords, and Mobile Numbers create more powerful and effective communication which generates more business and sales?
- Chapter 9: Practicals to learn how to implement the numerology for self and others

- Chapter 10: Win in Negotiations: Within 2 Minutes, work out the most effective time for result giving phone call.
- Chapter 11: Working out the name of a lucky bank in order to save and attract more money in your account.
- Chapter 12: How to select a lucky Number for your Car?
- Chapter 13: How to select an effective Mantra numerologically, in order to boost your Mental Powers?
- Chapter 14: Decide on beneficial persons in your life by just analyzing their names neurologically
- Chapter 15: Learning how Numbers are related to colors and beneficial gemstones. How to select the same logically, with Astro-Numero Power
- Chapter 16: How to use Astro-Numerology for powerful Signatures?
- Chapter 17: Numerology & Vastu
- Chapter 18: Lou sho grid
- Chapter 19: Zodiac Signs
- Chapter 20: Pinnacle numbers



## 05 AROMATHERAPY

- Chapter 1: What is Aromatherapy?
- Chapter 2: How to use essential oils safely?
- Chapter 3: The therapeutic properties of 35 + essential oils(Bergamot and Cajeput)
- Chapter 4 : Cedarwood , Cinnamon Bark , German Chamomile
- Chapter 5: Clary Sage , clove , cypress
- Chapter 6: Dill seed , Elemi , Juniper Berry
- Chapter 7: Lavender , Lemon , Eucalyptus
- Chapter 8: Fennel, Frankiense, Germanium
- Chapter 9: Ginger, Grapefurit, Holy Basil
- Chapter 10: Lemon Grass, Mandrain Nutmeg
- Chapter 11: Orange, Palmarosa , Patchouli
- Chapter 12: Peppermint , petitgrain, Rosemary
- Chapter 13: Rosewood , Spearmint ,Tea Tree
- Chapter 14: Thyme, Turmeric, Ylang Ylang
- Chapter 15: Carrier oils
- Chapter 16: Notes of Oils
- Chapter 17: How to Blend Oils
- Chapter 18: How to Blend for Chakras

# MEET THE INSTRUCTOR

## S PUJAH

Meet S Pujah, a seasoned entrepreneur and wellness expert based in Dubai. As the founder of Balance1Studio, she brings a wealth of experience from her successful ventures in investment banking and insurance. Specializing in personal growth and life balance, Pujah conducts impactful programs to help individuals discover their life's purpose. With a passion for decoding ancient wisdom, she offers unique insights from her extensive global travels. As the visionary behind Sustainable Wellness concepts like Bio7 wellness and Geo 7 spaces, Pujah blends aromatherapy and essential oils with geopathic rods for a holistic experience. Join her workshops on body and space energy healing to tap into her positive energy and expertise. Experience the difference with Dr. Pujah Subhash Srivastav—a calming presence with a profound impact on well-being.





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Professional Practice Courses

**\$2000 Only**

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please contact:



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[www.spujah.com](http://www.spujah.com)



# EXPLORE OTHER PROFESSIONAL PRACTICE COURSES

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## 1. Bio 7 Wellness Advance

\$2500

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## 2. Geo 7 Spaces Methods Basic

\$2400

[LEARN MORE](#)

## 3. Geo 7 Spaces Methods Advance

\$3430

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