

CHAKRA BASICS

Lifestyle Course

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.

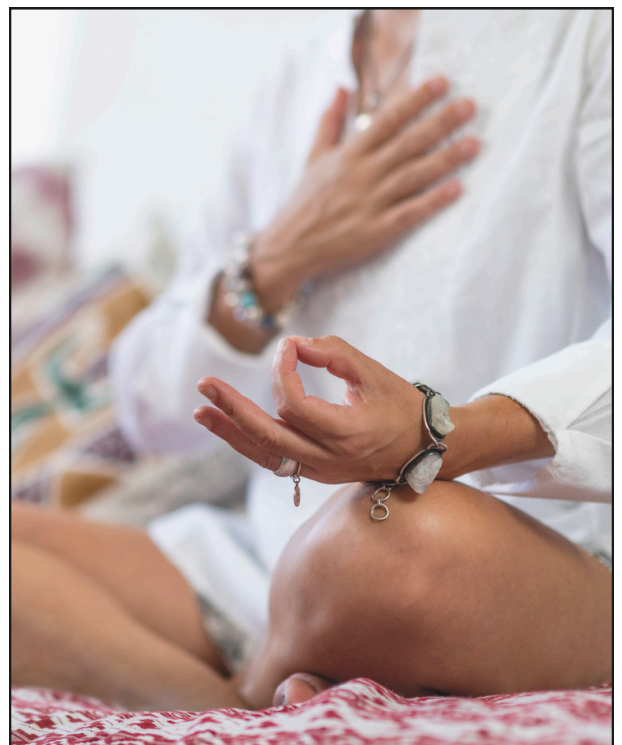


For Your Career

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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TURN YOUR
PASSION FOR
HEALING INTO A
REWARDING
PROFESSION.

the perfect time is now

CHAKRA BASICS

Course Overview

Embark on a transformative course exploring chakras, natural element balance, and therapeutic techniques like dowsing. Clear negative energies, align with your inner guidance, and discover parallels to meditation for overall well-being.

Join us on the journey to energy balance and wellness.

Certification included

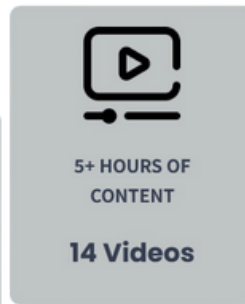


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[ENROLL NOW](#)

What's Included?

[DEMO VIDEO](#)



Course Description

Immerse yourself in the most comprehensive course on Chakras, delving into ancient wisdom and scriptures. Uncover the profound secrets of the elements and the intricate flow of creation, balance, and destruction. This transformative journey will not only deepen your understanding of Chakras but also provide you with the tools to navigate the intricate energies within, harmonizing your spiritual and physical well-being. Enrich your knowledge and experience a holistic approach to the ancient teachings that shape the essence of existence.

About the Course

The term chakra appears to first emerge within the Hindu Vedas, though not precisely in the sense of psychic energy centers, rather as chakravartin or the king who “turns the wheel of his empire” in all directions from a center, representing his influence and power. It is universally known that our body is constituted of 5 elements namely fire, water, air, earth, and sky. It is due to the intricate balance of these elements on the planet earth that led to the evolution of humans and other organisms. Any imbalance of these elements leads to diseases in humans. The balance of these natural elements can be restored through Energy Corrections.

Content Highlights

- **Chakras and Sounds:** Unveil the harmonious connection between Chakras and their corresponding sounds, delving into the vibrational aspects of energy centers.
- **Chakras and Elements:** Understand the elemental foundation of Chakras, exploring how these fundamental forces influence and interact with our spiritual and physical selves.
- **Cycling of Creation, Destruction:** Journey through the cycles of creation and destruction inherent in Chakra dynamics, gaining insights into the perpetual flow of energies.
- **Ojas, Tejas, Rajas, Tamas:** Delve into the qualities of Ojas, Tejas, Rajas, and Tamas, and their significance in understanding the diverse nature of Chakras.
- **Sattvic Nature of Chakras:** Discover the harmonious and pure nature of Chakras through an exploration of their Sattvic qualities.
- **Kosha Levels:** Uncover the layers of existence with an in-depth exploration of Koshas, providing a holistic understanding of the self.
- **Koshas Deities and Balancing Methods:** Learn about the deities associated with each Kosha and effective methods for achieving balance within.
- **Dowsing Techniques:** Master the art of dowsing, gaining practical skills to sense and interact with subtle energies.
- **SRT (Spiritual Response Techniques):** Explore Spiritual Response Techniques as powerful tools for spiritual healing and transformation.

Content Highlights

- **Healing and Clearing by Dowsing:** Acquire techniques for healing and clearing Chakras using dowsing methods, fostering balance and vitality.
- **Chakras Measurement Charts:** Understand Chakra measurements through visual aids, enhancing your ability to assess and work with energy centers.
- **Dowsing Charts:** Navigate through various dowsing charts, gaining proficiency in using these tools for accurate energy readings.
- **Creating Your Own Charts:** Empower yourself by learning how to craft personalized charts, tailoring your approach to Chakra exploration.
- **Chakras & Planets Connections:** Uncover the intricate links between Chakras and celestial bodies, exploring the cosmic influences on our energy centers.
- **Chakras and Vastu:** Delve into the harmonious relationship between Chakras and Vastu, understanding how spatial energy aligns with the body's energy centers.
- **Vedic and Scientific Connections of Chakras:** Bridge the ancient wisdom of Vedic traditions with modern scientific perspectives, gaining a holistic understanding of Chakras.
- **Understanding Koshas and Personal Level Assessment:** Explore the layers of existence through Koshas, conducting personalized assessments and utilizing tools for self-discovery.
- **Child Development Stages In-depth:** Gain insights into the nuanced stages of child development, understanding the impact of Chakras on both physical and psychological aspects.

Content Highlights

- **Adults Chakras & Planets Connections:** Further your understanding of Chakras in adults, exploring the dynamic connections between energy centers and celestial influences.
- **Relationship Between Body, Vaastu, and Chakras:** Examine the intricate relationships between the physical body, spatial energy (Vaastu), and Chakras for holistic well-being.
- **Physical & Psychological Effects on Children and Adults:** Understand the profound impact of Chakras on the physical and psychological well-being of both children and adults.
- **Aromatherapy, Crystals, Salts, Frequency Healings:** Dive into the world of alternative therapies, exploring the transformative effects of aromatherapy, crystals, salts, and frequency healing.
- **Dowsing, Intuitive Astrology, Yoga, Meditation, Sound Therapy:** Develop practical skills in dowsing, intuitive astrology, yoga, meditation, and sound therapy, enhancing your holistic healing toolkit.
- **Understanding Aromatherapy:** Gain a comprehensive understanding of aromatherapy, exploring the therapeutic uses of essential oils for emotional and physical well-being.
- **Using Dowser for Answers and Astrological Purposes:** Harness the power of dowsing for obtaining answers and exploring astrological insights.
- **Root Map – Chart for Clients:** Learn to create personalized root maps for clients, providing a visual guide for their Chakra journey.

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.



COURSE LESSONS

Chakra Basic Module 01

- 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
- Chapter 7: Koshas
- Chapter 8: Body Emotions
- Chapter 9: Body Alignment
- Chapter 10: Root Chakra, Scaral Chakra
- Chapter 11: Solar, Heart
- Chapter 12: Throat, Third Eye
- Chapter 13: Crown
- Chapter 14: Role of Five Elements
- Chapter 15: Practicals Dowsing techniques
- Chapter 16: SRT (Spiritual Response Techniques)
- Chapter 17: Healing and clearing by Dowsing
- Chapter 18: Chakras measurements Charts
- Chapter 19: Dowsing Charts
- Chapter 20: How to create you own charts
- Chapter 21: Practice Sessions

COURSE LESSONS

Chakra Basic Module 02

- Chapter 1: How to Blend For chakras Oils
- Chapter 2: How to Blend to Balance Planets
- Chapter 3: How to Blend for Elements
- Chapter 4: How to blend for Directions
- Chapter 5: Understanding adult's chakras with Understand Chakras & planets connections
- Chapter 6: Aromatherapy, Crystals, Salts Frequency healings Dowsing Intuitive Astrology Yoga
- Chapter 7: Meditation, sound therapy
- Chapter 8: Understanding Aromatherapy
- Chapter 9: Understanding Healings with Machine Using Dowser for Answers Using dowser for getting dates and Astro purpose Root Map – chart for clients



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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UNLOCK YOUR
POTENTIAL AND
HEAL THE
WORLD—START
YOUR JOURNEY
TODAY!

the perfect time is now





CHAKRA BASICS

Lifestyle Course

\$500 Only

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For More information or to Enroll program,
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