

# MANIFESTING ABUNDANCE THROUGH 5 ELEMENTS & AYURVEDA IN SPACES

Expert 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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"MAKE YOUR  
FREE TIME  
COUNT—LEARN,  
HEAL, AND  
EARN."

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*the perfect time is now*

# Manifesting Abundance through 5 Elements & Ayurveda in Spaces

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## Course Overview

Embark on a holistic journey with Ayurvedic principles, aromatherapy, and Vastu wisdom. Learn to blend oils for chakras, planets, and create wellness products for optimal well-being.

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

### Certification included

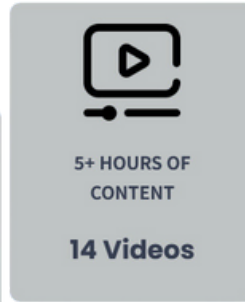


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[ENROLL NOW](#)

# What's Included?

[DEMO VIDEO](#)



## Course Description

Embark on a holistic journey exploring body doshas, 5 elements, and Ayurvedic principles. Dive into aromatherapy for wellness, creating beautiful body care products, and a self-defense kit. Learn to blend oils for chakras, planets, elements, and directions, harmonizing spaces for optimal well-being with Vastu wisdom.

## About the Course

The course you need to become a true professional and boost your confidence towards mastering the field.

# Content Highlights

- **Ayurvedic Foundations:**
  - Explore body doshas, the 5 elements, 3 doshas, 6 tastes, and the interconnectedness of mind, body, and emotions.
- **Ayurvedic Anatomy:**
  - Understand the 5 elements visually and delve into the states of mind, koshas, body emotions, and alignment principles.
- **Directional Insights:**
  - Uncover the 16 attributes of each direction, exploring the impact of elements and Ayurveda.
- **Holistic Aromatherapy:**
  - Chapter 15 focuses on using aromatherapy for self-defense, blending beautiful body care products, treating pains, and creating a home spa experience.
- **Chakra and Planetary Balance:**
  - Learn the art of blending oils for chakras, balancing planets, and aligning with the elements for optimal well-being.
- **Vastu Wisdom:**
  - Explore living healthy with Vastu, understanding zones, directions, and the effects of energy on spaces.
- **Divine Energies in Spaces:**
  - Delve into the presence of devatas in spaces, including Brahma, Budhar, Mitrah, Indra, and many more.

# 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

## 5 senses, 5 elements series

- Chapter 1: Know your Body Dosha
- Chapter 2: 5 Elements
- Chapter 3: 3 Doshas
- Chapter 4: 6 Taste
- Chapter 5: 5 Elements Picture
- Chapter 6: State of Mind
- Chapter 7: Koshas
- Chapter 8: Body Emotions
- Chapter 9: Body Alignment

## 16 attributes of each directions

- Chapter 1: 16 Directions
- Chapter 2: Direction Series

## Elements and Ayurveda

- Chapter 1: Chapter 15 Learn Aromatherapy to Blend by the notes: You will learn how to use aromatherapy
- Chapter 2: How to make a variety of beautiful simple body care products Chapter 14. The Home Spa – Body Beautiful
- Chapter 3: Learn Aromatherapy to Treat Pains: The Self-Defense Kit The Self-Defense Kit CHAPTER 3
- Chapter 4: How to Blend For Chakras Oils
- Chapter 5: How to Blend to Balance Planets
- Chapter 6: How to Blend for Elements
- Chapter 7: How to blend for Directions



# COURSE LESSONS

## Spaces - Elements - Health Issues

- Chapter 1: Living healthy with vastu
- Chapter 2: Each Zones & Directions
- Chapter 3: Effects of Energy on Spaces

## Devatas in Spaces

- Chapter 1: Brahma
- Chapter 2: Budhar
- Chapter 3: Mitrah
- Chapter 4: Vivasata
- Chapter 5: Araya
- Chapter 6: Rajikashma
- Chapter 7: Indra
- Chapter 8: Savita
- Chapter 9: Apavasta
- Chapter 10: Rudra
- Chapter 11: Jaya
- Chapter 12: Savitra
- Chapter 13: Apaha
- Chapter 14: Dhiti
- Chapter 15: Aditi
- Chapter 16: Bhujang
- Chapter 17: Soma
- Chapter 18: Bhalal
- Chapter 19: Mukiya
- Chapter 20: Naga

# COURSE LESSONS

## Devatas in Spaces

- Chapter 21: Roga
- Chapter 22: Papekashma
- Chapter 23: Sosha
- Chapter 24: Asur
- Chapter 25: Varun
- Chapter 26: Pushpadanta
- Chapter 27: Sugreev
- Chapter 28: Dwarka
- Chapter 29: Pitra
- Chapter 30: Mrigha
- Chapter 31: Bringhraj
- Chapter 32: Gandharv
- Chapter 33: Yum
- Chapter 34: Greha
- Chapter 35: Vitavah
- Chapter 36: Pushtan
- Chapter 37: Anil
- Chapter 38: Akash
- Chapter 39: Drisha
- Chapter 40: Satya
- Chapter 41: Surya
- Chapter 42: Mahindra
- Chapter 43: Jayant
- Chapter 44: Prajanya
- Chapter 45: Shikhi

# 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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*the perfect time is now*





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Expert Course

**\$550 Only**

[ENROLL NOW](#)

For More information or to Enroll program,  
please contact:



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# EXPLORE OTHER ADVANCE COURSES

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## 1. Healing Power of Spaces

\$550

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## 2. Manifesting Chakra Through Spaces

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## 3. Manifesting Chakra Through Body

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## 4. Manifesting Health by 5 Elements

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