

Manifesting Health by 5 ELEMENTS

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.

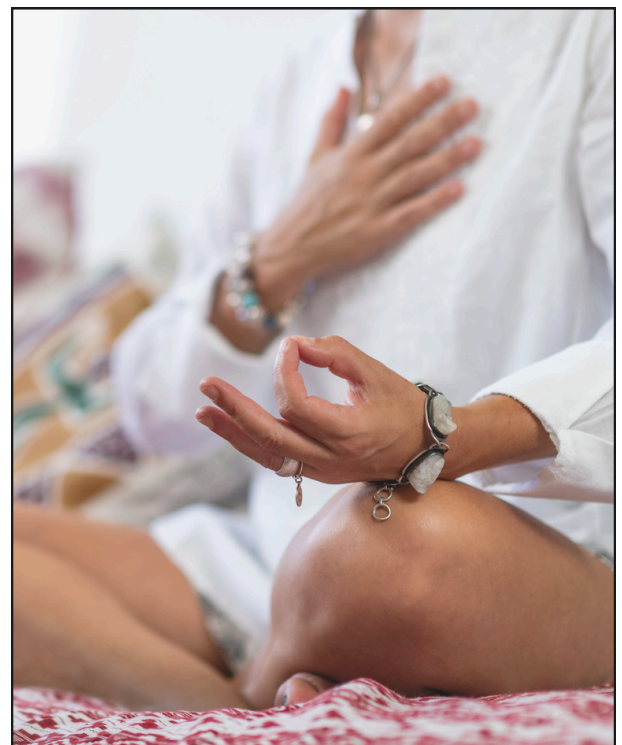


For Your Career

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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DISCOVER THE
MAGIC WITHIN
AND BECOME
YOUR OWN BOSS.

the perfect time is now



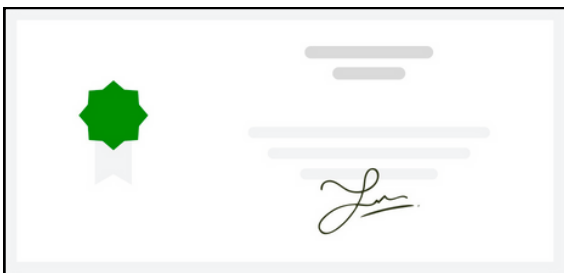
Manifesting Health by 5 ELEMENTS

Course Overview

Discover holistic well-being in this program, exploring body doshas, Ayurvedic principles, and aromatherapy. Master the art of creating wellness products and a self-defense kit. Learn chakra, planetary, elemental, and directional blending for balanced living with Vastu wisdom.

Join us on the journey to energy balance and wellness.

Certification included



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[ENROLL NOW](#)

What's Included?

[DEMO VIDEO](#)



COURSE LECTURE
NOTES

19 PDFS



5+ HOURS OF
CONTENT

10 Videos



COURSE INDEX

19
CHAPTERS

Course Description

Discover holistic well-being in this program, exploring body doshas, 5 elements, and Ayurvedic principles. Dive into taste harmony, visualize elements' impact on the mind, and understand koshas for self-awareness. Master aromatherapy in Chapter 15, creating body care products and a self-defense kit. Learn chakra, planetary, elemental, and directional blending for balanced living with Vastu wisdom. This comprehensive course explores Vedic deities, cosmic energies, and Vastu principles. From Chakra balance to Geo 7 applications, 5 elements, 16 directions, and practical Vastu remedies, learn to harmonize spaces. Gain insights into attracting wealth, promoting health, ensuring family harmony, and addressing life events. Discover the art of selecting, blending, and optimizing spaces for balance and well-being.

About the Course

Embark on an advanced exploration of Chakras with our comprehensive course, delving into the intricacies of each petal.

Content Highlights

- **Ayurvedic Foundations:**
 - Understand individual body dosha, explore the 5 elements, and grasp the dynamics of the 3 doshas.
- **Taste Harmony:**
 - Explore the significance of the 6 tastes in Ayurveda for balanced well-being.
- **Visual Learning:**
 - Understand the 5 elements through visual aids and delve into their impact on the state of mind.
- **Holistic Anatomy:**
 - Explore koshas, body emotions, and alignment principles for comprehensive self-awareness.
- **Aromatherapy Expertise:**
 - Chapter 15 focuses on mastering aromatherapy, including blending notes and crafting body care products.
- **Self-Defense Aromatherapy:**
 - Learn to use aromatherapy for pain relief, self-defense, and creating a home spa for a beautiful body.
- **Chakra and Planetary Balancing:**
 - Develop skills in blending oils for chakras, planetary balance, elements, and directional harmony.
- **Vastu Wisdom:**
 - Explore living healthy with Vastu, understanding zones, directions, and the effects of energy on spaces.

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

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

Spaces - Elements - Health Issues

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

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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"HARNESS YOUR
INNER HEALER
AND CREATE A
LIFE YOU LOVE."

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Lifestyle Course

\$550 Only

[ENROLL NOW](#)

For More information or to Enroll program,
please contact:



[Contact US](#)



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www.spujah.com

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\$550

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2. Manifesting Chakra Through Spaces

\$550

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3. Manifesting Chakra Through Body

\$550

[LEARN MORE](#)

4. Manifesting Abundance through 5 Elements & Ayurveda in Spaces

\$550

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