

VASTU FOUNDATION

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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"EMPOWER
YOURSELF WITH
THE ANCIENT
WISDOM OF
OCCULT
SUBJECTS."

the perfect time is now



VASTU FOUNDATION

Course Overview

Vastu-based healing spaces promote mind-body-spirit cohesion, supporting intentions and relationships. Training covers principles, planning, and practical exercises for enhancing life aspects. It includes traditional and modern Vastu, residential, commercial applications, and planetary corrections.

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

16 PDFS



5+ HOURS OF
CONTENT

5 Videos



COURSE INDEX

18
CHAPTERS

Course Description

Vastu-Healing Power of Spaces Healing spaces and Consecrated Spaces evoke a sense of cohesion of the mind, body, and spirit. They support healing intention and foster healing relationships. foundation for the metrics to explore the links between the built environment and healing. This definition allows for the possibility of healing even when cure is not possible.

About the Course

Energized Spaces helps us to take leap in consciousness to reach our true potential .Introduction to Vastu Architecture Scientific Basis of The Veda & Vastu Shastra & The Panchtatva The Architects, The Directions, Locations & Directions, Drawing and Zones Planes, Plot Selection, Roads, Shape of Land, Soil testing, Main Door, Toilets, Kitchen, Get Easy Vaastu Solutions to Buy your Own Property End to end training on making floor plans, marking center and Zones. What are effects of Toilets, Bedrooms, Drawing Room, Kitchen, Puja room Techniques to treat wrong entrances, toilets, kitchen, wrong location of rooms. Colour Programming, Space Programming, Interiors Practical exercises on improving relationships, children education, job promotion and growth, savings and money flow Traditional Vedic Vaastu, Modern Vaastu, Residential Vaastu, Commercial Vaastu, Vaastu and Body Co Relation, Vaastu & Planets Corrections, Pyramids.

Content Highlights

- **Introduction to Spaces and Alignments:** Begin your journey with an insightful introduction to the fundamental concepts of spaces and alignments, setting the stage for a profound exploration.
- **Scientific Basis of Vastu Architecture:** Delve into the scientific foundations of Vastu architecture, unraveling the principles that underlie the harmonious design of living spaces.
- **The Veda & Vastu Shastra & The Panchtatva:** Connect with the ancient wisdom of the Vedas and Vastu Shastra, exploring the profound influence of the Panchtatva (five elements) in the architectural realm.
- **The Architects, The Directions, Locations & Directions, Drawing and Zones Planes:** Understand the roles of architects, the significance of directions, and the planning of locations and zones. Gain insights into drawing techniques and zoning planes for optimal spatial design.
- **Plot Selection, Roads, Shape of Land, Soil Testing:** Learn the crucial aspects of plot selection, considerations for roads, the impact of the land shape, and the importance of soil testing in Vastu planning.
- **Main Door, Toilets & Kitchen:** Gain insights into the pivotal elements of the main door, toilets, and kitchen in Vastu, understanding their implications on energy flow and overall harmony.
- **Get Easy Vastu Solutions to Buy Your Own Property:** Receive practical and accessible Vastu solutions for property acquisition, empowering you with the knowledge to make informed decisions.

Content Highlights

- **End-to-End Training on Making Floor Plans, Marking Center, and Zones:** Acquire hands-on skills with end-to-end training on creating floor plans, marking the center, and defining zones for effective Vastu implementation.
- **Effects of Toilets, Bedrooms, Drawing Room, Kitchen, Puja Room:** Explore the nuanced effects of different spaces within a home, including toilets, bedrooms, drawing rooms, kitchens, and puja rooms, on overall well-being and harmony.
- **Introduction to Vastu Mandala and Sacred Geometry:** Begin your journey with an introduction to Vastu Mandala and the fascinating realm of Sacred Geometry, understanding their significance in spatial design.
- **Scientific Basis of Sacred Geometry and Effects on Humans:** Delve into the scientific underpinnings of Sacred Geometry, exploring its profound effects on human consciousness and well-being.
- **Modern Age Consecrated Spaces to Achieve in Space:** Understand the concept of consecrated spaces in the modern age, learning how to achieve harmony and positive energy flow within various environments.
- **Vastu and Planets:** Explore the correlation between Vastu principles and planetary influences, gaining insights into how celestial bodies impact spatial energies.
- **Corrections: Rectification Tools:** Discover rectification tools and correction techniques used in Vastu to harmonize energies and correct imbalances within a space.

Content Highlights

- **Elements Theory and Effects:** Learn about the Elements Theory in Vastu and its effects on the energy dynamics of a space, recognizing the elemental influences on well-being.
- **Rectification of Energies:** Dive into practical strategies for rectifying energies within a given space, ensuring optimal balance and positive vibrations.
- **Practical Exercises and Live Training:** Engage in hands-on practical exercises and live training sessions, applying theoretical knowledge to real-world scenarios for a comprehensive learning experience.
- **Vastu Myths:** Uncover and dispel common myths surrounding Vastu, gaining clarity on authentic principles and practices in the field.



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

Vastu Foundation Module 01

- Chapter 1: Introduction to Spaces and Alignments
- Chapter 2: Scientific Basis of Vastu Architecture
- Chapter 3: The Veda & Vastu Shastra & The Panchtatva
- Chapter 4: The Architects, The Directions, Locations & Directions, Drawing and Zones Planes, Plot Selection, Roads, Shape of Land, Soil testing, Main Door, Toilets & Kitchen
- Chapter 5: Get Easy Vastu Solutions to Buy your Own Property
- Chapter 6: Each Zones & Directions
- Chapter 7: Effects of Energy on Spaces
- Chapter 8: Architecture Effect on Spaces



COURSE LESSONS

Vastu Foundation Module 02

- Chapter 1: Power in Building
- Chapter 2: Introduction to Vastu Mandala and Sacred Geometry
- Chapter 3: Scientific Basis of Sacred Geometry and Effects on Humans walls we live in
- Chapter 4: Roofs Planning
- Chapter 5: Modern age Consecrated spaces to achieve in Space
- Chapter 6: Role of 5 Elements
- Chapter 7: Corrections - Rectification Tools
- Chapter 8: Rectification of energies
- Chapter 9: 45 powerful Alchemey
- Chapter 10: Practical exercises and Live Training



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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"LEARN TO HEAL,
GROW, AND
THRIVE WITH
OUR ONLINE
COURSES."

the perfect time is now





VASTU FOUNDATION

Lifestyle Course

\$1330 Only

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For More information or to Enroll program,
please contact:



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\$500

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