

RESONANCE - THE YOGA STUDIO is immensely proud to announce its course

DOCTOR YOURSELF

A Course on Naturopathy Healing System !! offered by Ms. Falguni Sheth

Health is not destiny; it's a choice- which we need to make right now.

Don't miss this rare opportunity to empower you to take charge of yours and your family's health.

REGISTRATION CLOSED

Sign up to get a free course on Naturopathy, Diet plan, Vegan Recipes e-books and much more, from a renowned Naturopath / Yoga teacher from India! Apart from the knowledge and insights she will give you an ACTION PLAN that you can begin with immediately.

Falguni Sheth says: Course based on Naturopathy Healing System - Doctor Yourself, has benefitted many ..In true sense they could reverse their Diseases like B.P, Thyroid, Cholesterol, Fatty liver , Obesity, Skin disease and many more and were able to successfully come out of their problems and living their lives without medicine !!

This course is offered in India for a fee of Rs. 12,000 (CDN \$210) per person. Handi-Care is absorbing the cost (Discounted by the teacher) and offering it to you for free. Hence attending the orientation session is very important, showing your keenness to learn the subject. The teacher will not be providing the lessons to those who do not attend the session on Saturday, Apr. 23rd. After the session on Saturday, if you want to drop out of the course, you are free to do so. Please send an Email to info@handicareintl.org or a WA message to 647 853 4419 by the end of Saturday and we will remove you from the list.

Ms. Falguni Sheth specializes in:



- Ashtanga Yoga, Advance Pranayamas, Pre & Post Natal Yoga, Yoga Therapy for various Physical & Mental Disorders, Shuddhi-kriya, Meditation, Naturopathy for Health Management, Pre & Post Natal TTC, Yogic Counselling, Corporate Yoga, Yoga for Senior Citizens and Yoga for Special Kids.

- Falguni has several degrees and certificates on various disciplines and is very eager to share and teach everyone who wishes to learn and improve their quality of life.
- She has conducted several corporate and individual seminars and classes on the above-mentioned branches in India and internationally.
- Ms. Falguni is a recipient of several awards and recognitions.

DOCTOR YOURSELF
A Course on Naturopathy Healing System
Falguni Sheth

Health is not destiny , it's a choice- which we need to make right now

Join our effective and well designed " Doctor Yourself" Course which will empower you to take charge of yours and your family's health.

Apart from knowledge and insights we will give you an ACTION PLAN that you can begin with immediately.

Deliverables

7 + 1 Recorded lectures
You will get access to 7 + 1 recorded lectures on naturopathy covering an extensive knowledge of this system.

E books
At the end of the course, everyone will get access to E-Books on Naturopathy which are downloadable. These will benefit everyone and add to your knowledge.

Vegan Recipes
You will get access to almost 60+ Vegan dishes for a healthy and condous food choice.

100% VEGAN FOOD

PPT & Slides
You will get access to all the PPT presentations used during the lectures for your better understanding.

LIVE SESSION
At the end of the course, live sessions will be conducted by Falguni Sheth for discussions, interactions and doubt- solving etc.

LIVE

Program Details:

We are very grateful to Falguni for accepting to conduct this valuable course that will benefit everyone immensely.

The entire course is over a 3 week period, starting on Saturday, Apr 23rd, 2022.

- The first session will be an interactive zoom session, where Ms. Falguni will give an orientation from 10 am to 11 AM, EST, on Saturday, Apr. 23rd.
- After that 3 lessons per week (total of 8 lessons) will be shared with the registrants by email **(ONLY GMAIL ACCEPTED)** for the next 3 weeks. (They will be available for a 3 month period).
- At the end of the 3 weeks, another live zoom session will be held to answer all your questions.
- The e books, recipes and diet plans are free for you to keep.

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