

Slim Smart Sadhana

Ath Yog Wellness Foundation

21 Days Sadhana (Practice) to Full body Detox and Toning

With the Famous “Shankhprakshan” Detox

Highlights



- Holistic Approach: Slim Smart Sadhana offers a comprehensive approach to weight loss and wellness, incorporating nourishment, detox, and mindful practices.
- 21-Day Transformation: The program is designed to help you achieve significant results in just 21 days, setting you up for long-term success.
- Sustainable Lifestyle Changes: Slim Smart Sadhana focuses on creating healthy habits that you can maintain beyond the 21-day program, ensuring lasting results.
- Community Support: You'll be part of a supportive community that motivates and inspires you to reach your goals.
- Mindful Practices: The program includes mindful practices that help reduce stress, increase self-awareness, and promote overall well-being.
- Nourishment and Detox: The program's focus on nourishment and detox helps to rejuvenate your body, boost energy, and support weight loss.
- Transformative Results: Slim Smart Sadhana can help you achieve transformative results, including weight loss, improved digestion, increased energy, and enhanced mental clarity.



Introduction

"Slim Smart Sadhana is a 21-day holistic wellness program that combines easy exercises, a doctor-approved diet, and full-body detox practices. Through yoga, pranayama, and Shankhprakshan detox, it aims to tone the body, cleanse the gut, and enhance nutrient absorption. With a focus on healthy eating rather than starvation, this program promotes overall well-being and a balanced lifestyle."

Why “SSS”?



- Holistic Approach: Combines exercise, diet, and detox for overall wellness.
- Full-Body Detox: Removes toxins, promotes clean gut, and enhances nutrient absorption.
- Nourishing Diet: Focuses on healthy eating, not starvation, with doctor-approved meal plans.
- Transformative Results: Aims to achieve a toned body, improved gut health, and enhanced overall well-being in just 21 days.

"Athyog Wellness Foundation, led by Yog Guru Ashwini Patil, has been spreading the transformative power of yoga for over 20 years.

From humble beginnings to today's thriving community, we've witnessed countless students overcome challenges, including severe back pain and knee issues, to master even the most complex asanas like Shirasana.

Our pride lies in empowering individuals to achieve holistic wellness through yoga.

One of our flagship programs, Slim Smart Sadhana, offers a remarkable 21-day full-body transformation, helping participants rejuvenate their bodies and minds. Through our dedication and expertise, we're committed to guiding people toward a healthier, happier life."



Our History



21 Days

Vision

"Sculpting a toned, healthy body in 21 days through a powerful blend of nourishment, detox, and mindful practices."



Time and Place

Monday to Friday , Morning 5 am to 6 am.



Benefits of Slim Smart Sadhana

- - Boosts metabolism and energy levels
- - Improves digestion and reduces bloating
- - Enhances mental clarity and reduces stress
- - Supports sustainable weight loss and weight management
- - Increases flexibility and mobility

What to Expect



- 21-day program with daily guidance and support

- Personalized approach to nutrition and exercise

- - Community support and motivation

- Progress tracking and accountability

Personal attention and Monitoring to everyone..



Student review

The best compliment I got was from my brother-in-law when we did a video chat on new years day .
He had seen me a month back and first thing he commented was " Oh my God ! What have u been doing ?"
Amazing change in my face he noticed .



Was an awesome experience last 21 days ...
Though I missed a couple of sessions , I cud cover it because of the recording .
The sessions were very addictive Earlier I had to force myself to wake up and attend; but a few sessions later I cud wake up without the clock and enjoyed the time .
The flow in which u take us thru is awesome.... and before u realise it one is doing suryanamaskar !! Wow !! 🙏
The way u take the yoga is simply awesome
.. simple , yet very effective... sweat used to be dripping .
Lost 2 kgs towards 15 days (but the break that came in between due to the Sunday and New year, got me a bit relaxed and I gained ½kgs)
Learned my lesson of being disciplined and have been since then trying to make ur advise (diet and exercise) a part of my regular lifestyle .
The waist belt doesn't lie !!
But more than the Waist Reduction of 1 inch , loved the light feeling !!
Am able to understand bloat now and hate it ever since. Earlier I was more comfortable with it and I don't believe myself I lived with it .
The pranayam and shudhi filled so much oxygen and energy that got me energetic the whole day .
Used to always think I'd sleep a bit after the session but ulta i felt more energetic and liked the great start to a lovely day !

Ashwini ma'am Pls announce the next 21 days session .
Count me in. 🙌

Lastly , a big thank you 🙏

Frequently Asked Questions



DIET

It will be Doctor's approved diet . Full of nutrition and taste which will get you into habit of healthy eating

Can I modify the exercises if I have injuries or limitations?

Yes, we do modifications and gradually one gets fully flexible towards the end of session



How do I stay motivated throughout the program?

The exercises are actually easy that you won't even believe ; but the impact is mindblowing!!



Just 21 days will do the job??

Yes. and when we have the whole crowd craving and wanting to not stop in 21 days because they have started enjoying; well we continue for next 21 days on demand!!

"Your 21-Day Transformation
Awaits! Say goodbye to stress
eating and hello to a slimmer,
stronger YOU! Join Slim Smart
Sadhana today!"



With Yog Guru
Ashwini Patil

By

Athyog Wellness Foundation

Enquire Today!!



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