**Garima Saxena**

When a caring friend becomes the healing touch and helps us understand our own health needs credibly and wonderfully, life transforms into a beautiful blessing. Dr. Garima Saxena is a live embodiment of this definition. Being a qualified ayurvedic physician is just a halo that empowers Dr. Garima as a humane professional who has the ability to connect with the inner being of every seeker of natural health. What makes Dr. Garima your ideal health and holistic guide is her spiritual family background studded with inherent training for yoga, spiritual healing, and energy healing under spiritual guru and mentor of Sukhayubhava Ayurveda. Over the years, Dr. Garima has carved a niche for herself where MIND, BODY, AND SOUL connects with Ayurvedic Life to offer you good health just the way it should be. On the qualification mantle, there is everything that convinces you that Dr. Garima Saxena is your pathway to ancient Indian Living. Along with Ayurveda she has integrated yoga, reiki healing, spiritual healing techniques into her practice. In her soul endeavor to offer physical, psychological and spiritual health to her seekers, she has potent degrees in psychotherapy, clinical hypnotherapy, and past life regression therapy. Dr. Garima is dedicated towards service to society. with the sole aim of providing HOLISTIC HEALTH (physical, psychological and spiritual) to everyone and spread happiness and smile all around. “Take charge of your life. Live Happy, Healthy and Wise, by healing Mind, Body, and Soul… SUKHAYUBHAVA

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