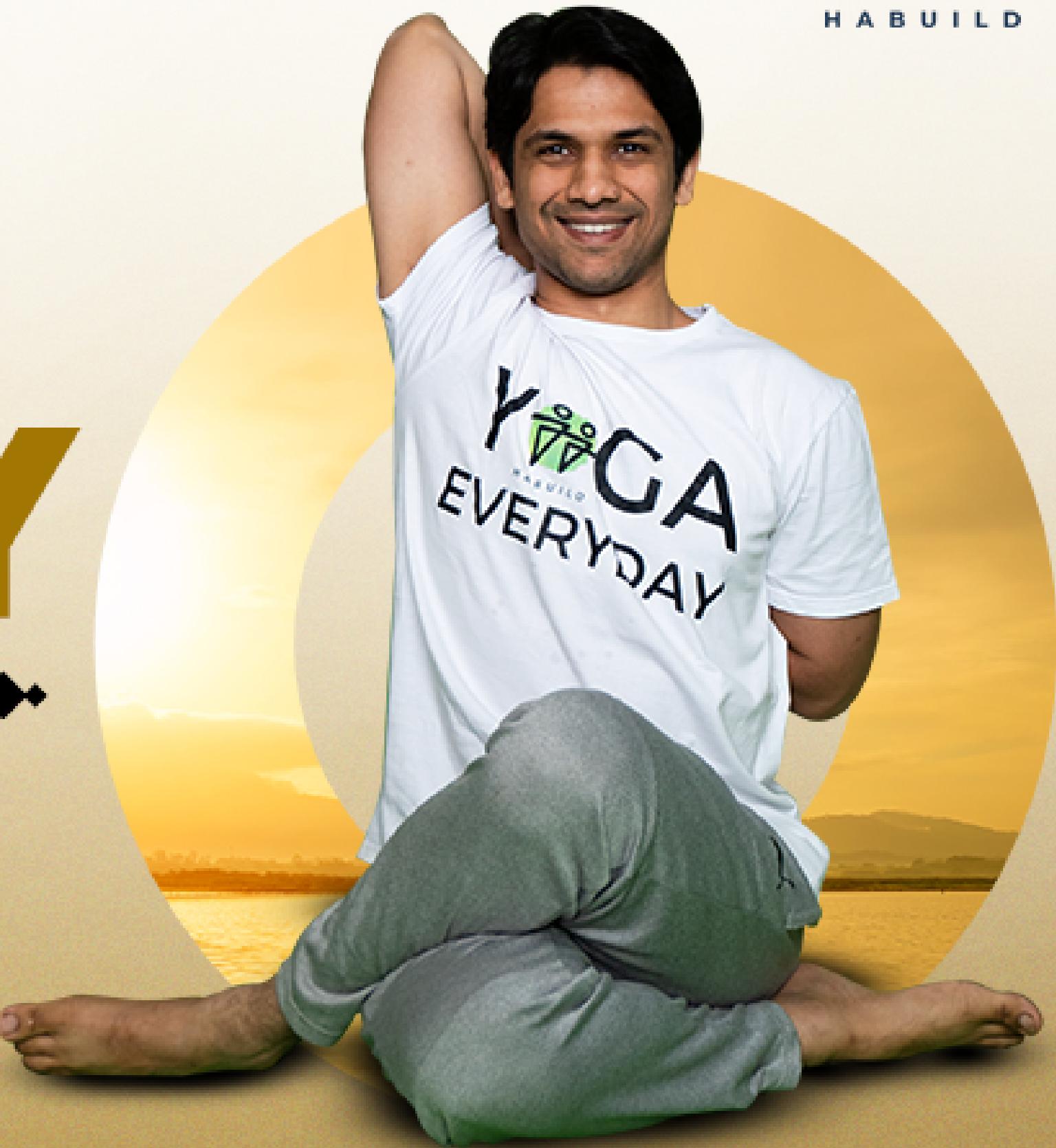


# YOGA EVERYDAY

---

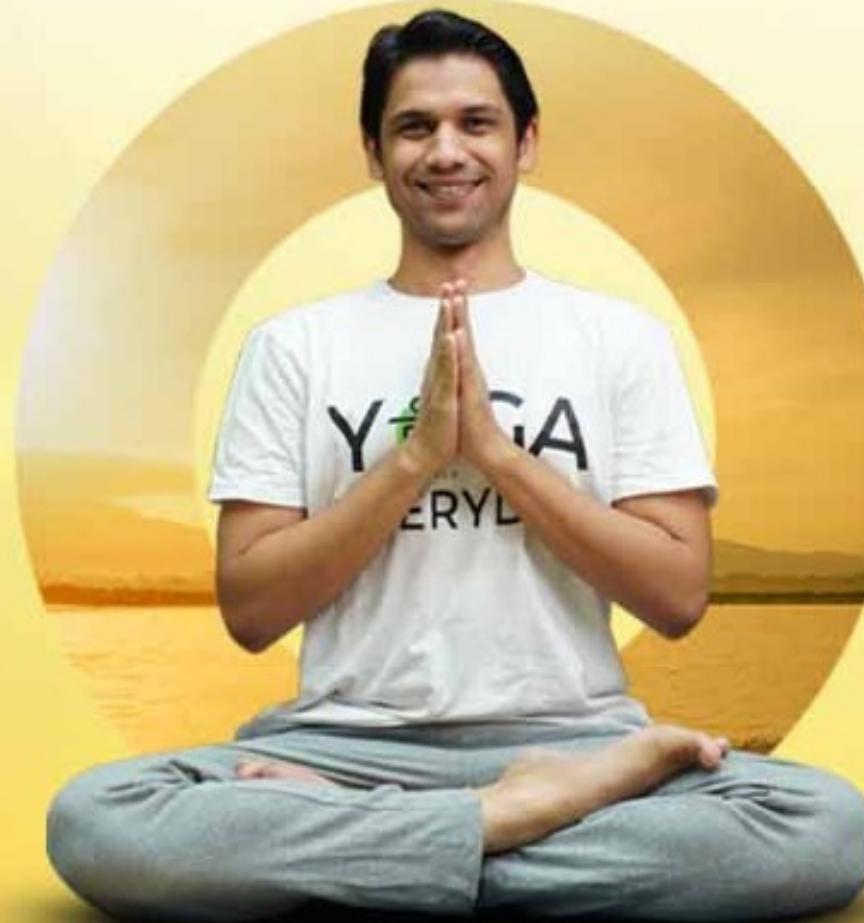
Starts 02 JULY 2023  
@8:30 PM





# YOGA EVERYDAY

Starts 02 JULY 2023



With **SAURABH BOTHRA**  
Govt. Certified Yoga Trainer

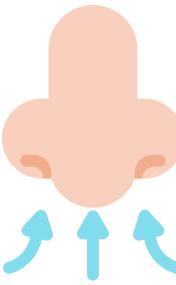
Morning - 6:30 - 7:15 AM | 7:30 - 8:15 AM | 8:30 - 9:15 AM  
Evening - 5:00 - 5:45 PM | 6:00 - 6:45 pm | 7:00 - 7:45 PM

PLAN & FEATURES	12 MONTHS ₹11999/- -70%	6 MONTHS ₹5999/- -60%	3 MONTHS ₹2999/- -40%
OFFER PRICE	₹ 3999/- \$ 99/-	₹ 2499/- \$ 59/-	₹ 1799/- \$ 39/-
COMMUNITY EVENTS	✓	✓	✓
HABIT TRACKING	✓	✓	✓
WATER REMINDERS	✓	✓	✓
DANCE N STRETCH	✓	✓	✓
JUICE FAST	✓	✓	
MINDFUL JOURNALING	✓	✓	
SELF HEALING MARMA	✓		

\*ONLINE PHYSIO CONSULTATION AVAILABLE ON DEMAND WITH EVERY PLAN\*

For more information, call/WhatsApp on: 07969213330

# COMMUNITY EVENTS\*



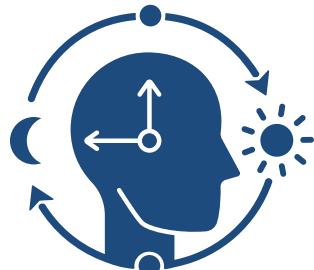
JAL NETI



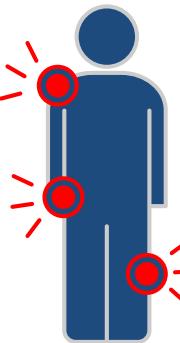
EYE YOGA

STORY

MORAL OF THE STORY



AYURVEDIC DINCHARYA



JOINT PAIN



SELF DEFENCE

and many more.....

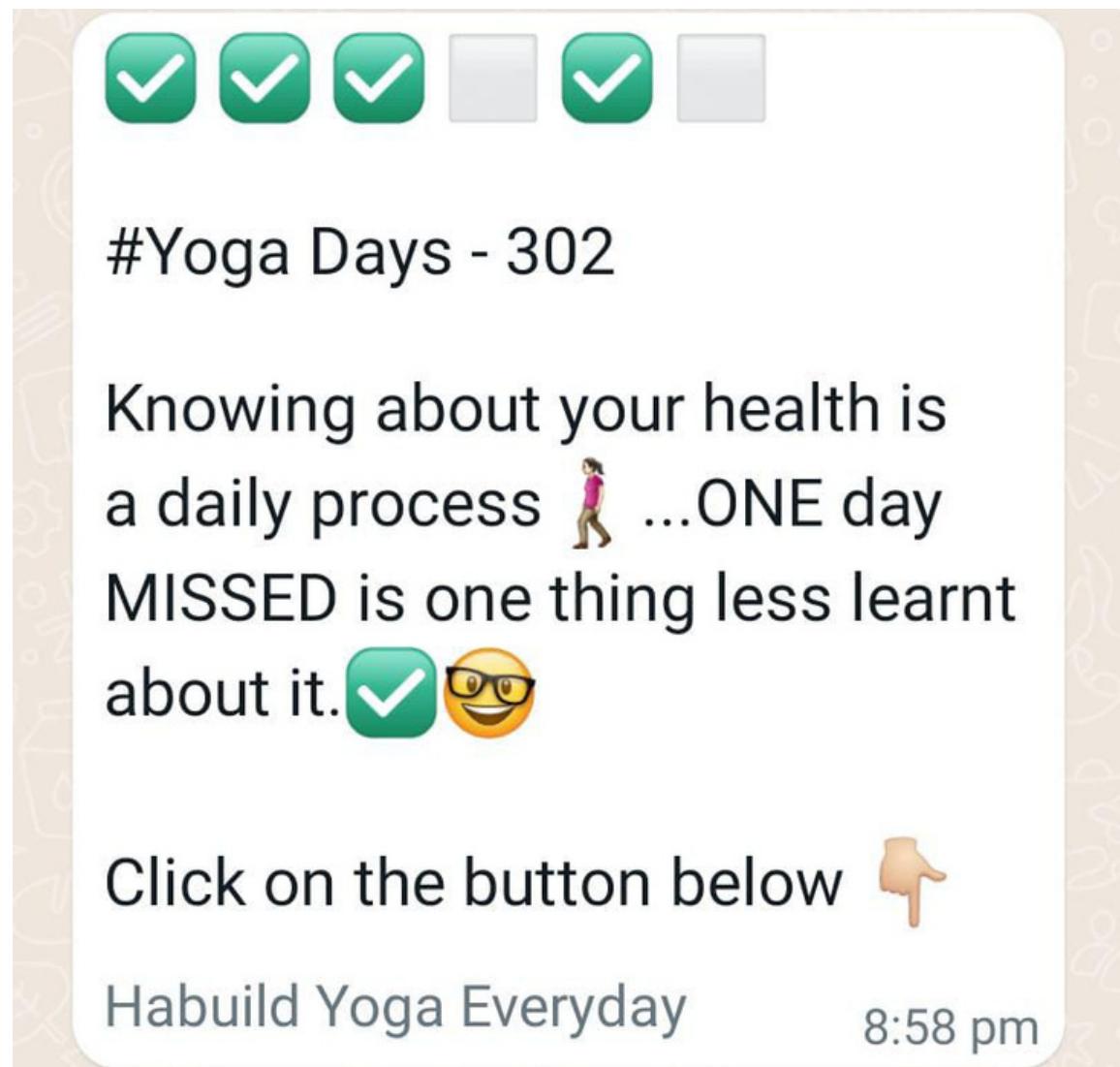
\*tentative

✓ 12 MONTHS

✓ 6 MONTHS

✓ 3 MONTHS

# HABIT TRACKING



**PERSONALIZED  
HABIT TRACKING**

**21 DAYS – ONE HABIT**

✓ 12 MONTHS

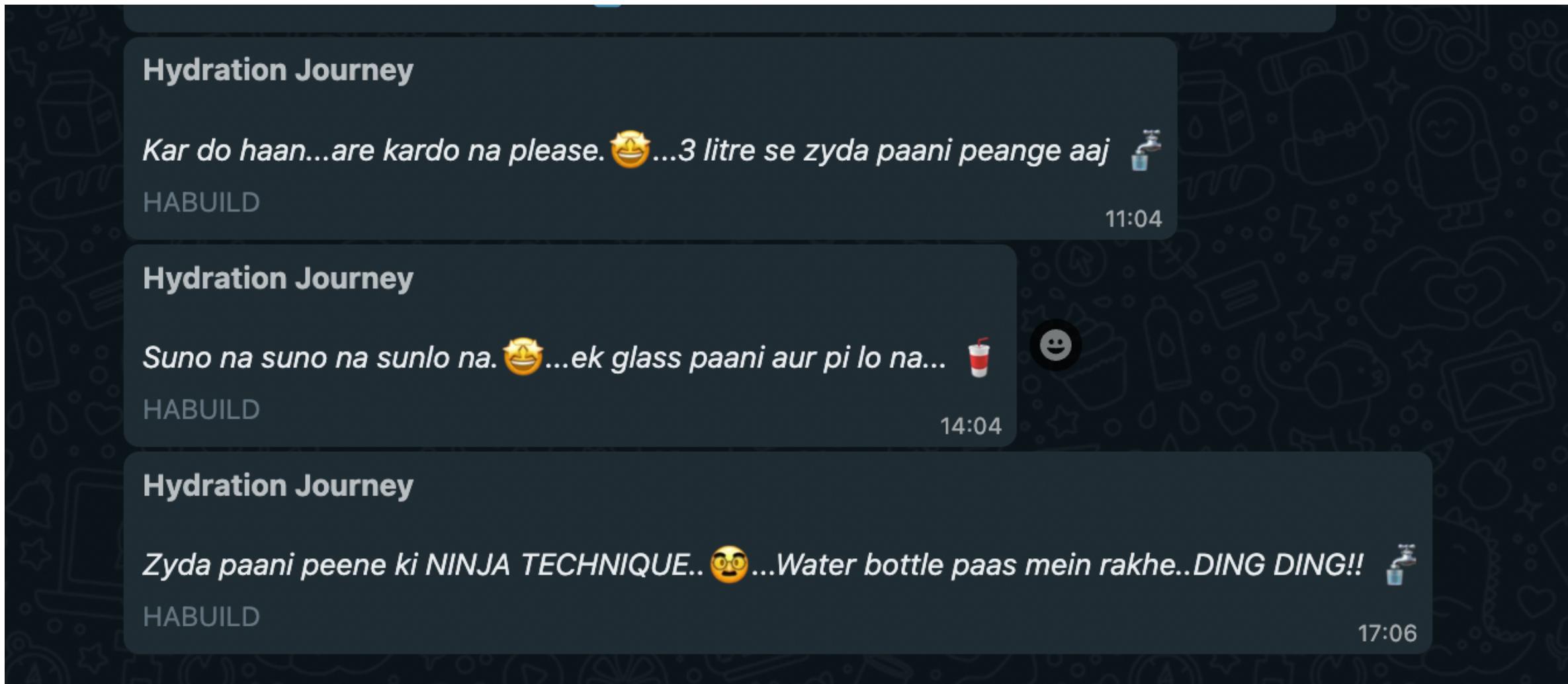
✓ 6 MONTHS

✓ 3 MONTHS



# WATER REMINDERS

3 TIMES A DAY - 11 AM/ 2 PM/ 5 PM



✓ 12 MONTHS

✓ 6 MONTHS

✓ 3 MONTHS

# DANCE & STRETCH

WITH  
TRISHALA BOTHRA



Stretch  
Mon / Wed / Fri

Dance  
Tue / Thu / Sun

Batch timings  
**8:30 AM / 7 PM / 8 PM**

✓ 12 MONTHS

✓ 6 MONTHS

✓ 3 MONTHS

2 DAY  
JUICE FAST



# JUICE FAST

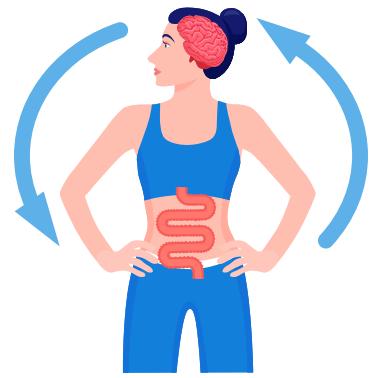
2 day liquid diet to detox the body



CLEAR SKIN



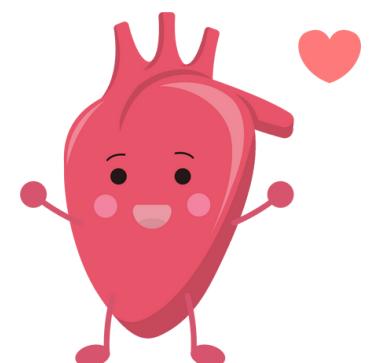
DETOX &  
HYDRATION



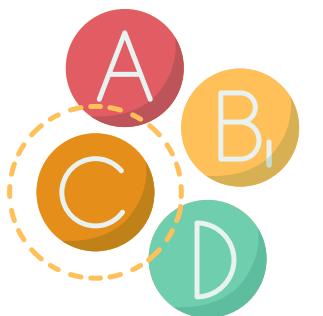
IMPROVES GENERAL  
WELL-BEING



INCREASES BENEFICIAL  
GUT BACTERIA



IMPROVES HEART  
HEALTH



BOOSTS VITAMINS  
& MINERALS

Saturday & Sunday – once every month tentatively

✓ 12 MONTHS

✓ 6 MONTHS

✗ 3 MONTHS

# MINDFUL JOURNALING

A 5 day workshop that covers journaling tools for emotional well-being



RELEASE STRESS &  
FIND RELIEF



IMPROVE SELF  
AWARENESS



BUILD MIND  
POSITIVITY



BUILD A SELF-CARE  
PRACTICE



MAKE JOURNALING  
A HABIT

Monday to Friday – once every two months tentatively

✓ 12 MONTHS

✓ 6 MONTHS

✗ 3 MONTHS

Self Healing Through  
Marma Science

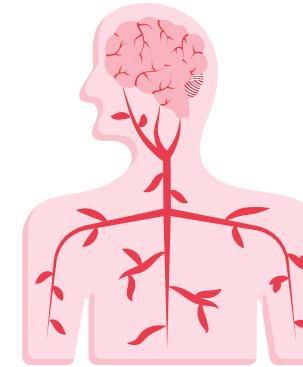
» 5 DAY WORKSHOP »

# SELF HEALING MARMA SCIENCE

5 day workshop focusing on the powerful bodywork science of Ayurveda, focuses on the vital points called marmas.



BALANCING &  
BOOSTING ENERGY



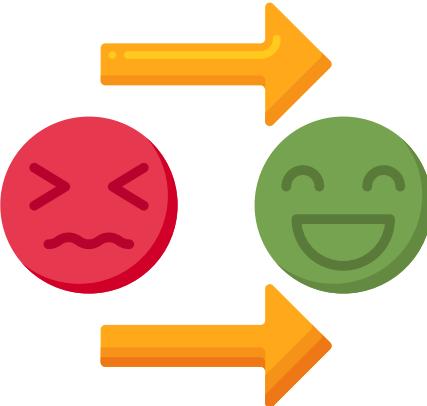
ENHANCING  
CIRCULATION



PROMOTING  
DETOXIFICATION



SUPPORTING  
OVERALL HEALTH &  
SELF-HEALING



ALLEVIATING PAIN  
AND DISCOMFORT

Monday to Friday – once every two months tentatively

✓ 12 MONTHS

✗ 6 MONTHS

✗ 3 MONTHS

# ONLINE PHYSIOTHERAPY CONSULTATION

MONDAY – SATURDAY

BOOK A SLOT



JOIN ZOOM LINK



DOCTOR WILL LET YOU IN

The screenshot shows a booking interface for 'Physiotherapy Sessions - Habuild Physiotherapist Call'. It features a logo of a person in motion, a summary section with a 15-minute duration and a Zoom link, and a calendar for June 2023. The 30th is highlighted in blue. The interface is powered by Calendly.

Select a Date & Time

June 2023

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Time zone: India Standard Time (7:16pm)

Cookie settings | Report abuse

✓ 12 MONTHS

✓ 6 MONTHS

✓ 3 MONTHS



Q  
A

# HOW TO REDEEM YOUR VOUCHER?

**You Won 7 Days Yoga voucher!\***

\*Redeem with any Habuild Subscription 28th June 2023 onwards.

[Redeem Now](#)

# HOW WILL I JOIN THE SESSION DAILY?

*Each day is a new opportunity to improve yourself. 🌸 Take it. And make most of it. ✓*

See you at - 6:30 AM

**Personal Link:** <https://u.habuild.in/y/ya...>

Habuild Yoga Everyday

06:05

 Click here to JOIN

## TIMINGS OF THE SESSIONS

### Morning:

- 6:30 - 7:15 AM
- 7:30 - 8:15 AM
- 8:30 - 9:15 AM

### Evening

- 5:00 - 5:45 PM
- 6:00 - 6:45 PM
- 7:00 - 7:45 PM

You will have access to all sessions

## **FORMAT OF THE SESSIONS**

**30 MINS**  
**VARIATIONS**

**15 MINS**  
**SET OF 16 ASANAS**  
**FOR SPINE**

# DEEP DIVE INTO EACH DAY



**Monday**  
Breathing



**Tuesday**  
Lower Body



**Wednesday**  
Upper Body



**Thursday**  
Core Yoga



**Friday**  
Flexibility



**Saturday**  
Stamina

SUNDAY

SURYA NAMASKARS  
& VARIATIONS

Morning:

6:00 - 6:45 AM

## TIME GAP BETWEEN YOGA AND MEALS

LIGHT STOMACH

BEFORE YOGA

15-20 MINS

AFTER YOGA



**WEIGHT LOSS**

**YOGA EVERYDAY**

**SLEEP TIMELY**

**STAY HYDRATED**

**EAT MINDFULLY**

# HAVE DOUBTS?



91 79 69213330



0 79 69213330

TO REGISTER:

[CLICK HERE](#)