

NAVAGRAHA

Centre for
Wellness



(5 DAYS SESSION)

**Management of Life Style Diseases Like Diabetes,
Blood Pressure and Obesity....**

For Registration/Enquiry

Online Mode- <https://forms.gle/CAzxCYLZ3W5U6JMW6>

Offline Mode-

A- Shree Ganesh Ayurved Hospital, Gopalganj Sagar

B- Professional Computer, Civil Line, Sagar

✉ navgrahcenterforwellness@gmail.com

Session Starting 7th Jan. 2023

Separate Sessions for Male/Female

🕒 7:30 to 9:00 AM & 3:30 to 5:00 PM

☎ 9823002300 | 8989118311

📍 Bungalow No. 46 ,Cantt, Sagar,MP

📱 Shree_navgrah_aroogyadhama

**"Join us to Reclaim your Power. Restore your Health. Reshape
your Life through Yog | Ayurved | Naturopathy."**

Pallavi Srivastava

Director
(Navgraha Center for Wellness)

Anamika Guru

Master's in Psychology and Yogic Science
5 Years Experienced Yog Instructor

Dr Narendra Chourasia

Yog Instructor and
Ayurvedic Therapist (B.A.M.S)

Neel Ratan Patra

Naturopathy Therapist