**Tab #1**

**About Us:**

* **Who? (The Story)**

**Long-Bio( 367 words)**

Meet Kirtaniya (“Ms. K”)

Welcome to the world of Kirtaniya, a remarkable individual whose journey weaves through the energetic city of Philadelphia, the tranquil embrace of Glenelg, Maryland, and now gracefully unfolds in the vibrant tapestry of the greater Columbia area. Beyond the surface of achievements in sports, art, music, and academics, Kirtaniya carries a tale of resilience and transformation. Confronted with personal trials and the shadows of depression, K’s refuge became the transformative sanctuary of the yogic lifestyle.

In the crucible of Kirtaniya’s own experiences, she committed to the rigorous practice, intensive study, and unwavering dedication that not only brought personal rejuvenation but also ignited a passionate flame to guide others on their own path to empowerment. Yoga, for Ms. K, is more than a discipline; it's a profound way of life, a healing art, and a subject that fuels her unwavering belief in the transformative power within each of and every one of us. Transitioning from a math-based professional to a yoga-based professional was a conscious choice driven by Kirtaniya’s deep understanding of the impact of Yoga.

Guided by remarkable mentors at every stage of life, Ms. K’s journey is an intricate tapestry woven with the wisdom of their teachings. Recognizing the ancient thread of Yoga that runs through many lifetimes, Kirtaniya brings forth this timeless knowledge, embracing a life purpose- a *soul* purpose. This “sense” led her to live with Hindu and Buddhist monks in 2019 and 2020 respectively. In this time, she honed her craft with the support of her uncle’s lifelong teachings on Yoga she received throughout life. Kirtaniya has added layers of spiritual depth to the position of a Yoga teacher and Holistic Nutritionist.

Kirtaniya holds a Bachelors of Mathematics and a second Bachelors of Financial Economics, a World Yoga Alliance Teaching Certification, and a Nutritionist Certification. She is on the path to becoming a Master of Science in Dietetics.

In Kirtaniya, you'll encounter not just a Yoga and Nutrition expert but a seasoned guide, sharing the warmth of experience, the inspiration of resilience, and the incredible inner potential. Embark on this transformative journey with K, where the symphony of life unfolds in the most amazing and inspiring ways every day.

**Short Bio (197 words):**

Discover Kirtaniya (Ms. K)

Step into the inspiring world of Kirtaniya, a soul whose journey unfolds from Philadelphia to the peaceful embrace of Glenelg, Maryland, and now radiates in the heart of Columbia.

Beyond achievements in sports, art, and academics lies Ms. K’s tale of resilience. Confronting personal challenges, she found solace and strength in the transformative sanctuary of the yogic lifestyle.

Kirtaniya’s commitment to daily practice and unwavering dedication not only rejuvenated her weary soul but ignited a passionate flame to guide others toward empowerment. Yoga is her life's calling, a healing art, and a transformative force.

Living with Hindu and Buddhist monks in 2019 and 2020 respectively, Kirtaniya honed her craft. She understood the Yogic teachings her uncle imbibed to her throughout life. Ms. K’s life experience has added layers of spiritual depth to her journey.

Kirtaniya is educated and skillful in her work. She holds a Bachelors of Mathematics, a Bachelors of Financial Economics, a World Yoga Alliance Yoga Certification, and a Holistic Nutritionist Certification. She is on the path to becoming a Master of Science in Dietetics.

Embark on a transformative journey with Kirtaniya, where life's symphony unfolds in inspiring ways every day!

* **What?**

**General Message**

Welcome to R2P2 Wellness: Elevate Your Well-being Holistically

At R2P2 Wellness, we invite you to embark on a transformative journey where physical vitality, emotional balance, and spiritual awakening converge. Our array of services is meticulously designed to cater to every facet of your well-being:

Nutrition Services:

From quick Express Nutrition sessions to personalized Nutrition Counseling and Meal Planning, we empower you to nourish your body with intention. Our Customized Cooking Classes elevate your culinary skills with a personalized touch.

Healing Services:

Immerse yourself in the therapeutic power of Sound Healing and explore the depths of your Soul Purpose. Our offerings include Dosha Identification, EFT Sessions, Ho’oponopono, and Vibroacoustic Therapy for heart healing, self-alignment, and decompression.

Yoga Classes:

Discover a variety of classes tailored to your needs, from the transformative Classic and physically challenging Vinyasa to the gentle Morning Practice and deeply relaxing Restorative sessions. Our specialized Maternity Practice nurtures expectant mothers, while Chair Yoga provides stability and Yoga 101 introduces newcomers to the essence of Yoga. Yoga Conditioning builds strength, Yoga Nidra induces deep relaxation, and Yoga Philosophy delves into the ancient texts.

Join us at R2P2 Wellness, where our holistic approach to well-being is not just a service – it's a lifetime. Elevate your life, explore the depths of self-discovery, and unlock the extraordinary potential within you. Your path to well-being starts here.

* **Where?**

Greetings from the R2P2 Wellness Team – a dedicated force crafting a wellness haven just for you.

Currently in the meticulous process of construction, our center is cocooned in secrecy, holding the promise of something extraordinary. Picture a symphony of wellness, where every detail is meticulously curated to elevate your mind, body, and soul. As our dedicated team works tirelessly behind the scenes, we're thrilled to announce the upcoming unveiling of our R2P2 Wellness Center in Howard County, MD. This secret oasis, nurtured by the passion and dedication of our team, is poised to redefine the wellness experience.Stay tuned to transcend the ordinary and experience a place where modernity, warmth, and inspiration converge to create well-being that’s not just embraced but celebrated.The countdown to the unveiling has begun, and we can't wait to welcome you to an unparalleled space dedicated to self-discovery and empowerment.

R2P2 Wellness - Where Secrets Become Wellness Wonders.

* **Why we do it.**

At R2P2 Wellness, our mission is rooted in a profound acknowledgment of the challenges faced by individuals in today's fast-paced and materialistic world. Witnessing the decline in mental and physical health and the pervasive sense of purposelessness, we believe it's crucial to draw attention to spiritual well-being. We run R2P2 Wellness because we recognize that as souls, we are part and parcel of the Super Soul, and it is our birthright to exist in a state of bliss and knowledge.

In a world where the pursuit of material pleasures often leads to misery, we are committed to offering a sanctuary that goes beyond the physical and mental realms. We firmly believe in the transformative power of the soul and its ability to bring illumination from within. Our dedication stems from the understanding that the soul's potential is not to be taken lightly, and if each individual can tap into this inner radiance, the world itself will glow with positivity.

Our approach at R2P2 Wellness is grounded in the timeless wisdom that has sustained humanity for millennia. We strive to engage the technology of the human body for living the best life providing a unique and valuable dimension to our wellness center. Through our work, we aim to guide individuals on a journey towards fulfillment. R2P2 wellness wants you to claim your birthright and the inherent knowledge of living harmoniously with the laws of nature and spiritual well-being. At R2P2 Wellness, we are here to illuminate the path to a more harmonious and enlightened existence on planet Earth.

**Tab #2 Services**

**Nutrition**

* **Express Nutrition**

In just 20 minutes unlock the power of healthy living with our Express Nutrition session. It's the perfect solution for the health-conscious individual short on time and equally ideal for curious souls looking to dip their toe into nutritional services. Dive into a valuable counseling experience where your pressing lifestyle questions find prompt answers, fast advice guides you on your nutrition journey, and access to valuable food-related information becomes instantly available. This concise and impactful session is designed to empower you with practical insights, making your quest for well-being efficient.

* **Nutrition Counseling**

Unlock the path to optimal health with our Nutritional Counseling service. Our experienced professionals are here to guide you on a personalized journey towards well-being. Tailored to your unique needs and goals, our counseling sessions delve into your current dietary habits, identifying areas for improvement and providing you with a customized plan. Whether you're seeking support for weight management, addressing specific health concerns, or simply aiming for a healthier lifestyle, our Nutritional Counseling is designed to empower you with the knowledge and tools for sustainable and balanced nutrition. Take the first step towards a healthier, more vibrant you.

* **Meal Planning**

Revolutionize your approach to nutrition with our personalized Meal Planning service, curated by expert nutritionists. Say goodbye to mealtime stress and hello to a well-organized, nourishing lifestyle. Our nutritionists will craft a customized meal plan tailored to your individual needs, preferences, and health goals. From detailed shopping lists to simple yet delicious recipes, this service is designed to save you time, reduce food waste, and ensure every bite aligns with your journey to a healthier, more balanced life. Embrace the simplicity of nutritious eating with our Meal Planning service – where healthy choices become second nature

* **Customized Cooking class**

Dive into the world of plant-based nutrition with our Custom Cooking Classes. Led by skilled culinary experts, these classes offer hands-on guidance in selecting, preparing, and enjoying the richness of plant-based ingredients. Discover the art of seamlessly integrating more plant goodness into your daily meals. From choosing the freshest produce to crafting delicious and straightforward recipes, our classes inspire and empower. Join us in unlocking the secrets to embracing a plant-centric lifestyle, where every bite becomes a celebration of vibrant flavors and wholesome nutrition.

**Healing**

* **Sound Healing**

Welcome in healing and rejuvenation through our Sound Healing service. Whether experienced individually or in groups, our expert practitioners utilize a symphony of gongs, sound bowls, tuning forks, and vibroacoustic tuning forks to create a transformative experience.

What Sets Our Sound Healing Apart?

Customized Frequencies:

Our practitioners skillfully select specific frequencies tailored to address physical, emotional, psychological, or spiritual tension. This personalized approach ensures a harmonious and targeted healing experience.

Individual Sessions:

Sound Bowls and Tuning Forks: Dive into a world of personalized healing as our practitioners use sound bowls and tuning forks to resonate frequencies that align with your unique needs. Unwind, release tension, and embark on a journey toward profound individual healing.

Group Sessions:

Gongs and Bowls: Immerse yourself in a collective sonic journey. Group sessions incorporate the resonant tones of gongs and sound bowls, creating an atmosphere of shared tranquility. Perfect for parties or gatherings, it adds a unique and enjoyable element to your events.

Benefits of Sound Healing:

* Stress Reduction: Experience a deep sense of relaxation as the soothing tones wash over you, releasing stress and promoting calmness.
* Emotional Release: Allow the vibrations to penetrate and release emotional blockages, fostering a sense of emotional well-being.
* Spiritual Connection: Elevate your spiritual awareness through the transformative power of sound, creating a connection with your inner self.

Individually Tailored, Universally Enjoyable:

Our Sound Healing service is a versatile offering designed for individuals seeking profound healing and groups looking for a unique and enjoyable experience. Discover the therapeutic power of sound at R2P2 Wellness, where each session is a harmonious step towards holistic well-being.

* **Soul Purpose: Discovery Service**

Tired of the mundane? Ready to delve deeper into the extraordinary? Our Soul Purpose Discovery service is your ticket to a more meaningful existence. We believe every living entity possesses a soul purpose—an undeniable gift from the divine that makes each of us uniquely individual. Through personal coaching, we bridge the gap between your current and desired life positions, unraveling the layers of your personality that hold the key to your purpose. Finding your soul purpose is no easy task, and we promise to support you through the process by being there for you as you face roadblocks, providing guidance, and fostering a nurturing environment for your growth. Embrace lifestyle changes, spiritual practices, and protracted effort as we guide you towards greater meaning in your daily choices. This deeply personal journey requires an open mind, commitment, education, and personal work. It's time to put everything on the table, discover your soul's talent, and empower yourself to shape a life that resonates with your true purpose.

* **Dosha Harmony: Aromatic Alchemy**

Understanding Ayurvedic Doshas:

In the Ayurvedic tradition, Doshas are the elemental energies that govern the fundamental aspects of our being. The trinity of Vata, Pitta, and Kapha represents the unique combinations of these elements within us, shaping our physical, mental, and emotional constitution.

Vata (Ether + Air):

Governs movement and creativity.

Imbalance may lead to anxiety and digestive issues.

Pitta (Fire + Water):

Governs digestion and transformation.

Imbalance may manifest as irritability and inflammation.

Kapha (Water + Earth):

Governs stability and structure.

Imbalance may result in lethargy and respiratory issues.

Personalized Dosha Identification:

Our Dosha Identification service is crafted to unveil your unique constitution, providing insights into the balance of your elemental energies. Our experienced practitioners guide you through a personalized assessment, helping you understand the interplay of Vata, Pitta, and Kapha within you.

The Scent of Balance: Ayurvedic Incense Matching:

Embrace the synergy of Ayurveda and aromatherapy with our exclusive service. Discover the art of matching your Dosha with the right scents and incense. Each aromatic blend is curated to resonate with your elemental composition, promoting balance, tranquility, and a sense of well-being.

How It Works:

Dosha Assessment: Uncover your Dosha composition through our personalized assessment.

Scent Selection: Explore our curated collection of incense, each uniquely crafted to complement your Dosha.

Balancing Rituals: Incorporate the power of scent into your daily rituals, harmonizing your Dosha and elevating your well-being.

Why Choose Ayurvedic Incense Matching:

Personalized Harmony: Tailored incense selections based on your Dosha composition.

Holistic Well-being: Immerse yourself in the therapeutic power of aromas, promoting balance on all levels.

Available for Purchase: The curated incense blends are conveniently available for purchase, bringing the essence of Ayurveda into your living space.

Revel in the beauty of personalized well-being with Ayurvedic Doshas and the enchanting scents that resonate with your unique elemental harmony. Explore our Dosha Identification and Incense Matching services – a symphony of balance for a harmonious life.

* **Emotional Freedom Unleashed: EFT Liberation Session**

Immerse yourself in a transformative experience where emotional freedom meets personalized care.

Our Personalized EFT Sessions are crafted with your unique journey in mind. Emotional Freedom Techniques, or EFT, provide a gentle yet powerful method to address and release emotional blockages. Our experienced practitioners guide you through this process, tapping into specific energy points to help you navigate and overcome emotional challenges.

Why Choose Personalized EFT at R2P2 Wellness?

1. Tailored for You: Your journey is unique, and so are our sessions. We customize each EFT session to address your specific emotional needs, ensuring a personalized and effective experience.

2. Expert Guidance: Our skilled practitioners bring years of experience to guide you through the tapping process. Whether you're dealing with stress, anxiety, or emotional hurdles, our team is here to support and empower you.

3. Holistic Approach: At R2P2 Wellness, we believe in a holistic approach to well-being. Our EFT sessions are seamlessly integrated into our comprehensive suite of services, ensuring a harmonious blend of emotional, physical, and spiritual support.

What to Expect:

Emotional Release: Experience a sense of liberation as you tap into and release emotional blockages.

Stress Reduction: EFT is renowned for its ability to alleviate stress and promote relaxation.

Empowerment: Gain valuable tools to navigate and manage your emotions effectively.

Your emotional well-being is a crucial aspect of a balanced life. Discover the transformative power of Personalized EFT Sessions at R2P2 Wellness—where each session is a step towards emotional freedom and a more vibrant, empowered you.

* **Ho'oponopono Harmony: Healing through Forgiveness and Renewal**

Step into the profound realm of Ho'oponopono at R2P2 Wellness, where the ancient Hawaiian art of reconciliation becomes a transformative journey of healing and forgiveness. Our one-on-one sessions, delicately tailored to your unique circumstances, offer a sacred space for emotional release and renewal.

What is Ho'oponopono?

Rooted in Hawaiian traditions, Ho'oponopono is a powerful practice of reconciliation and forgiveness. It acknowledges the interconnectedness of our thoughts and actions and emphasizes the healing power of love and understanding.

Customized for Your Healing Journey:

In our Ho'oponopono sessions, we go beyond the traditional approach. Each session is a bespoke experience, carefully crafted based on your specific circumstances and intentions. Whether you're facing challenges of loss, separation, or irreconcilable situations, our practitioners guide you through a process of emotional release and profound forgiveness.

How It Works:

1. Personalized Intention Setting: Begin by expressing your unique intentions and circumstances.
2. Custom Statements: Our practitioners tailor Ho'oponopono statements to address your specific needs, fostering deep forgiveness and reconciliation.
3. Release and Renewal: Experience the cathartic release of emotions and the rejuvenation that comes with forgiveness.

Life-Changing Benefits:

* Emotional Liberation: Ho'oponopono provides a safe space to release pent-up emotions, offering emotional freedom and relief.
* Healing in Irreconcilable Situations: Particularly beneficial for those facing challenges like loss or separation, Ho'oponopono opens a path to acceptance and peace.
* Renewed Connections: Restore harmony in relationships, both with others and with oneself, through the power of forgiveness.
* Individual and Group Sessions:

While our Ho'oponopono sessions are primarily conducted one-on-one for a deeply personal experience, group sessions are also available for those seeking collective healing and support.

Embark on a life-changing journey of forgiveness, release, and renewal with our Ho'oponopono Harmony service. At R2P2 Wellness, we believe in the transformative power of healing through forgiveness, fostering a sense of peace that resonates through every aspect of your being.

* **Vibroacoustic Therapy**

Vibroacoustic Harmony: Unleash Healing Frequencies Within

Embark on a transformative exploration with our Vibroacoustic Therapy (VAT) at R2P2 Wellness where the power of sound vibrations becomes a gateway to holistic well-being.This unique service delves into the subtle yet profound realms of healing, utilizing tuning forks that resonate at frequencies felt, not heard.

Understanding Vibroacoustic Therapy:

Vibroacoustic Therapy harnesses the power of vibration to bring about healing on physical, emotional, and spiritual levels. Our tuning forks, though silent to the ears, create vibrations that delve deep, addressing energetic imbalances and fostering harmony within.

Key Features of Vibroacoustic Therapy:

Frequency and Vibration Mastery:

Experience the gentle touch of frequencies meticulously crafted to resonate with your body's natural rhythms. The vibrations, more felt than heard, weave a tapestry of healing at a cellular level.

Deep Penetration for Profound Impact:

Unlike audible sound, our therapy's vibrations penetrate deeply into tissues, muscles, and energetic centers, fostering a holistic approach to well-being.

Chakra Realignment and Energetic Harmony:

Let the vibrations realign and balance your body's energy centers, harmonizing the delicate dance between physical and spiritual realms.

Trauma Release for Emotional Renewal:

Address emotional and physical trauma stored within. Our therapy's gentle vibrations facilitate the release of tension, promoting emotional relaxation and a renewed sense of well-being.

What to Anticipate:

Consultation: Initiate your experience with a comprehensive consultation to discuss unique needs and intentions.

Treatment Recommendation: Receive a personalized treatment plan based on your consultation.

Session Agreement: Commence your healing journey with sessions mutually agreed upon between you and our experienced practitioner.

Your Personalized Path to Harmony:

At R2P2 Wellness, Vibroacoustic Harmony is more than a therapy; it's an exploration into the unseen frequencies that unlock the potential for profound healing. Discover the transformative power of vibrational healing as we craft a personalized journey aligning your body, mind, and spirit in perfect harmony.

1. Heart Healing: Unlocking Joy

Experience profound emotional liberation with our Heart Healing Vibroacoustic Therapy. This specialized service targets blockages in the heart and addresses heart-related trauma, guiding individuals towards a path of emotional freedom and deep healing.

2. Self Alignment: Tune into You

Embark on a journey of self-discovery with our Self Alignment Vibroacoustic Therapy. This treatment is designed to harmonize your energies, allowing you to tune into your higher self. Feel grounded, present, and aligned as you explore the transformative power of self-discovery and inner balance.

3. Decompression: Unwind Everything

Indulge in the ultimate relaxation experience with our Decompression Vibroacoustic Therapy. This treatment goes beyond physical relaxation, evoking a deep sense of release on mental, emotional, and spiritual levels. Unwind, decompress, and allow the gentle vibrations to guide you towards a state of profound tranquility and rejuvenation.

1. Custom VAT Harmony: Your Unique Healing Symphony

Craft a personalized healing symphony with our Custom Vibroacoustic Therapy. Tailored exclusively for you, this bespoke experience addresses your specific needs, be it physical discomfort, emotional stress, or spiritual aspirations. Immerse yourself in a harmonic blend of frequencies, aligning your individual journey with the transformative power of vibrational healing.

**Yoga:**

* **The Classic**

Strength: 85%

Relaxation: 90%

Spirituality: 80%

This yoga class combines the heating effects of dynamic motion with the strengthening effects of static postures. This class begins with an intense sequence of postures to warm up the arms, spine, hips, and legs. The class then explores the fundamental postures of Yoga exercise while providing opportunities to explore variations. New students find this class builds confidence and removes limitations, while more advanced students relish in experiencing deeper levels of spiritual relaxation.

This class includes Sanskrit Mantras and Chakra meditation while within Yoga Postures. This class helps students unlock a greater sense of self.

* **Vinyasa**

Strength: 80%

Relaxation: 20%

Spirituality: 15%

This class is for people looking for a physical challenge and are focused on a workout. This class is jam packed positions and transitions every breath. This class is very physical and less oriented towards the spiritual benefits of Yoga. This class is great for type A individuals, people who are used to fitness and want to try Yoga, and individuals who want to experience the benefits of yoga without the spirituality.

* **Morning Practice**

Strength: 80%

Relaxation: 70%

Spirituality: 75%

A gentle flow of Yoga postures to wake up the body and mind and set the most awesome tone for the day ahead. This class focuses on connecting with the sun and bringing the sun’s healing energy into the body. The class includes a slow-paced dynamic warmup and yoga postures which open the key parts of the body stressed via work. This class is for everyone, modifications are given to match the experience to the student’s level.

* **Restorative Practice**

Strength: 40%

Relaxation: 90%

Spirituality: 60%

This class is a slow paced class for those looking to have a very gentle and relaxing experience on the yoga mat. It is great for recovery post intense workouts, and for individuals looking for a slower pace. This class keeps participants close to the floor as they gently open the hamstrings, hips, back, and shoulders. This class gives a very wonderful and relaxed feeling.

* **Maternity Practice**

Strength: 40%

Relaxation: 90%

Spirituality: 80%

This class is designed to optimize the physical health of a pregnant woman, and bond the child and mother on a deep spiritual level. This class helps ease the tension in the lower body as a result of pregnancy. It also gives rest to the heart and eases the strain from excess fluid in the body. This class opens the parts of the body used in labor and delivery. This class also strengthens the muscles which will be engaged in birth while training the new mother in conscious deep breathing. In this class pregnant women can safely have a deep and profound Yoga experience. This class also exposes the child in utero to the spiritual relaxation possible through Yoga. The unborn child receives the spiritual benefits of the mother’s Yoga flow.

* **Chair Practice**

Strength: 63%

Relaxation: 98%

Spirituality: 65%

Chair Flow is designed for active individuals looking for the stability of a Chair in their movement. Chair flow provides access to stabilized flow of motion with little to risk of falling. The class develops cardiac wellness, strength, mindfulness, sense of spiritual self, and provides excellent circulation for blood and lymphatic fluid. Strengthen the ability to enjoy life more with restorative Chair Yoga. This class is recommended for Seniors, those with leg, hip, and back injuries, or anyone feeling wary of exercise on the mat. Yoga from the Chair.

* **Yoga 101**

Strength: 60%

Relaxation: 55%

Spirituality: 10%

This class is a beginners appetizer for Yoga science. In this class 1-3 core points of Yoga philosophy, and also the core of physical Yoga are introduced. Students enjoy moving while understanding the context in which physical Yoga exists. This class is safe for everyone and moves at a gentle pace with modified postures to insure newbies engagement and comfort level.

* **Yoga Conditioning**

Strength:95%

Relaxation: 15%

Spirituality: 15%

This class is all physical. This class is dynamic and incorporates weighted blocks to condition the body for physical Yoga practice. This class is great for beginners who want to strengthen the body, and is also great for advanced practitioners who want to unlock new postures. Participants tone and strengthen the body via condition movements and the use of the blocks with postures.

* **Yoga Nidra**

Strength: 0%

Relaxation: 100%

Spirituality: 100%

Experience the true power of Yoga to transform your body and mind through Yogic sleep. Yogic sleep is a practice which involves no movement but rather reliance on hearing and feeling. This practice enhances the overall relaxed feeling of existence, but it enhances outward focus and sense of self . Yoga nidra is medicine for everyone in this crazy world.

* **Yoga Philosophy**

Strength: 0%

Relaxation: 50%

Spirituality: 85%

Yoga philosophy is a class for those interested in experiencing the literatures associated with the various Yogas possible to practice. In this class students have the opportunity to learn about Yoga with the ancient texts included.

Schedule (Make schedule printed on paper for March, April May. Title them with focuses or themes that show a variety of classes.

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