

Re- alignment program

with Karishma Shah

Everything you need to know
about our programs.



Wellness
Coaching

Ayurvedic
wellness

Befriending
your Chakras

Health & Wellness Coaching Sessions


What's inside this program?

Our Health & Wellness coaching is “partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential. We honour the client as the expert in his or her life and believe every client is creative, resourceful and whole” We partner with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being. In the course of our work we display unconditional positive regard for our clients and a belief in their capacity for change and honouring that each client is an expert on his or her life, while ensuring that all interactions are respectful and non-judgmental.




Here is a small glimpse into our methods-

Motivational Interviewing :

 Motivational interviewing (MI) is a foundational tool used in wellness coaching. Motivational interviewing allows us to meet clients where they are along the continuum of behavior change. The foundations of MI (compassion, acceptance, partnership, and evocation) and the strategies used to support change talk are closely aligned with client development. This ensures coaching sessions are client-centered and grounded in eliciting motivation to change rather than passively offering information. We work alongside clients to elicit their values & leverage their strengths, utilizing empathy and self-reflection to actively engage them in individually relevant action planning to support long-term behavior change.

Transtheoretical Model :

 This model recognizes behavior change as a process and that each person may be at a different stage of readiness to change. The five Stages of Change (Pre-contemplation, Contemplation, Preparation, Action, and Maintenance) reflect a fluid process rather than a linear progression. Using this model, we work with a client to set realistic goals based on the stage of change in which that client finds themselves presently. We work with a person's strengths and help clients set realistic goals based on how likely they are to make a change. This empowers a client to realize success and gain motivation to keep going. We also provide a framework to help a person move through the stages of change and ultimately towards goal achievement.



Here is a small glimpse into our methods-

Self-Determination Theory :

- ✔ In the context of wellness coaching, clients can struggle to find energy, mobilise effort, and persist at the tasks of life and work; and they are often moved by external factors such as reward systems, grades, evaluations, or the opinions they fear others might have of them. Yet, just as frequently, people are motivated from within by interests, curiosity, care, or values alignment. We help our clients tap into their intrinsic motivations in order to sustain motivation and efforts to achieve their goals

Positive Psychology

- ✔ Our Wellness coaching utilises positive psychology measures grounded in strengths to guide the conversation and recommend practices to bolster client well-being. In addition to addressing the client's desired area of focus for coaching, positive psychology means that it is worth looking at the elements of life that lead to human flourishing such as positive emotion, engagement, relationships, meaning, and accomplishment as underpinnings of building a well life. We can help clients to build the foundation for a life of flourishing through practices of gratitude, mindfulness, self-compassion, and personal values. Through these practices, clients build lasting self-care and coping skills suitable for use throughout the rest of their lives.





Ayurvedic Nutrition & Wellness Consultation

with Karishma Shah

When it comes to deliverables for our clients of an Ayurvedic consultation, we focus on providing personalized guidance, support, & tools to promote health & well-being.

Here's what you can expect:

Personalized Health Assessment

- ✓ During the consultation, you will receive a comprehensive assessment of your unique constitution, known as your dosha (Vata, Pitta, or Kapha), as well as an evaluation of any imbalances or health concerns. This assessment forms the basis for tailoring an individualized treatment plan.

Customized Treatment Plan:

- ✓ Based on the assessment, you will receive a personalized treatment plan including recommendations for dietary modifications, lifestyle adjustments, & specific Ayurvedic therapies or herbal remedies. The plan will be designed to address your specific health goals & support the restoration of balance in your mind, body, and spirit.





Dietary Recommendations:

Ayurveda places great emphasis on the role of food in maintaining health. In the consultation, you will receive dietary recommendations that align with your constitution & address any specific health concerns. It may include suggested foods, cooking methods, meal timings, and guidance on incorporating Ayurvedic herbs & spices into your diet.



Educational Resources:

As part of your consultation, you may receive educational resources such as handouts, articles, or recommended books on Ayurveda. These resources can deepen your understanding of the principles and practices of Ayurveda, empowering you to make informed choices and maintain long-term health.



Follow-up Support:

It will include a follow-up session to monitor progress, address any concerns or questions, and make necessary adjustments to the treatment plan. This follow-up session will provide ongoing support and ensure you stay on track to achieve your health goals.



Lifestyle Modifications:

Ayurveda recognizes that our daily routines and lifestyle choices greatly influence our well-being. You can expect guidance on optimizing your daily routine, sleep patterns, exercise regimen, stress management techniques, and other lifestyle modifications to support your overall health and balance.





Herbal Remedies & Supplements

Ayurvedic consultations often include recommendations for specific herbal remedies or supplements that can aid in addressing imbalances and supporting your body's natural healing processes. You may receive information on the appropriate herbs, their preparation methods, dosage, and duration of use.



Stress Management Techniques

Stress is a significant factor in modern life and can contribute to various health issues. Your consultation may involve learning stress management techniques such as meditation, breathing exercises, yoga, and mindfulness practices. These techniques can help you cultivate a calmer mind, reduce stress levels, and enhance overall well-being.

Our aim with this program:

To provide a comprehensive and personalized approach to support your journey toward optimal health and well-being based on the principles and wisdom of Ayurveda.



Befriending Your Chakras

with Karishma Shah

Join us as we embark on an immersive session that will revolutionize your relationship with your Chakras. Prepare to delve into the depths of your being and unravel the mysteries of each Chakra, understanding their likes, dislikes, & hidden potentials. It's time to befriend our Chakras!

Are you ready to establish a relationship that will last you a lifetime?

During this awe-inspiring consultation, we will guide you through an exploration of the Chakras like never before: Unveiling the hidden locations and identifying each Chakra's power center Immerse yourself in profound meditations that awaken the unique qualities of each Chakra Dive into the elemental essence of each Chakra, igniting your connection to the forces of nature Immerse yourself in the vibrant colors that resonate with each Chakra, unveiling their true essence Discover the cosmic influence as we explore the planetary energies associated with each Chakra Empower yourself through powerful affirmations and visualizations that unleash the full potential of your Chakras...





When it comes to deliverables for clients of a Health Re-alignment reading session, the focus is on providing personalized insights, self-awareness, and practical guidance for living in alignment with your unique design.

Here's what you can expect:



Yours Personal design Chart

During the reading session, you will receive your personalized Design chart, also known as your Body Graph. This chart depicts the unique energetic blueprint of your being, including your defined and undefined center or chakras, channels, gates, & other elements that make up your design.



Analysis of channel gates

You will explore the different energy centers within your Body Graph. You will learn about the significance of each center, whether it is defined (colored) or undefined (white), & how it influences your energy, emotions, and interactions with others





Understanding your centers

We will explain the fundamental aspects of your design, including your energy type, your strategy for making decisions and interacting with the world, and your inner authority for accessing your truth.



Overview of your design

We will analyze the channels and gates within your Body Graph. Channels represent energetic connections between centers, and gates represent specific qualities and themes. You will gain insights into the strengths, potential challenges, and unique expressions associated with these channels and gates.



Recorded sessions

We will provide recorded sessions for clients, allowing you to revisit the insights, guidance, and the recommendations provided during the reading. Having a recorded session ensures that you can refer back to the information whenever needed and continue integrating your Design principles into your life.



Practical Application

We will offer practical suggestions on how to apply your design insights to various aspects of your life. This may include recommendations for optimizing your nutrition, lifestyle, health, work environment, and relationships, communication





Awareness of conditioning

Your Design chart recognizes the influence of conditioning, expectations, and external influences on our lives. Through the reading session, you will gain awareness of conditioning patterns that may have shaped your behavior and decision-making processes. Differentiate between conditioned responses and your authentic self.



Decision making strategies

Your personal Design chart offers specific decision-making strategies based on your energy type and inner authority. We will explain your strategy in detail and provide practical guidance on how to make decisions aligned with your authentic self. This can help you navigate life choices, relationships, and career decisions with greater clarity and alignment.

Our aim with this program:

The aim is to provide you with a comprehensive understanding of your unique design, self-awareness, and practical tools for living authentically in alignment with your true nature. This ensures better health and wellness with a sustainable approach for you.



Let's Get Started!

We help clients identify and strengthen their distinctive voices, allowing them to make decisions that are best suited for their preferred health and wellness outcomes through personalized solutions.

[LET'S CHAT](#)

[VISIT WEBSITE](#)



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