



TOTAL WELLNESS | BODY + MIND + SPIRIT

GOOD BYE TO

Stress
Various Fear and phobias
Anxiety
Depression
Anger
Frustration
Traumas
Poor Memory or lack of concentration

TOTAL WELLBEING

We help you to achieve your wellbeing through, Reiki, Yoga, Meditation, EFT Acupressure
Programing Your Subconscious Mind
NLP

PROGRAMME INFO

Holistic Wellness Program is a combination of easy to learn and effective healing & meditation methods that anyone can use for Personality development, promoting relaxation and stress reduction - Physical, mental and emotional healing. Corporate/Personal Healing Training workshops offered.



CALL US TODAY 75882 44445

SS Institute of Soft & Life Skills,
Mohan Chute, MD (Alt. Medicine)

Plot No 56, Scheme No 04, Sector No 21, Near LIC building, Yamuna nagar, Nigdi, Pune

Workshops and private sessions for,

Children(Age) - 5 to 15

Adults(Age) - 16 to 60

Corporate Training