



Ayushakti's 2-Week Online Wellness Program

*"Live the Wisdom of Ayurveda:
Heal, Harmonize &
Transform"*



Why Join This Program?

Are you looking for a deeper, more meaningful way to care for your health and emotions?

This 14-day journey is more than a class—it's a powerful awakening to the ancient Ayurvedic lifestyle. Experience holistic healing as you learn to harmonize your five elements, balance your doshas, and build emotional strength. This is your path to sustainable health and true inner peace.



Discover the ancient secrets of wellness with daily guidance from Ayushakti's Siddha Vaidyas. Learn to nurture your body, balance your mind, and unlock true vitality—right from your home.



Program Duration:

14 Days – Live Online – Daily 1.5–2 Hours

Batch 1: 14 – 27 July, 2025

Batch 2: 15 – 28 September, 2025



What You Will Learn?



The Body–Mind–Element Connection

Explore how the five elements (Pancha Mahabhutas) and the three doshas shape your body, mind, and emotions.



Prakriti & Vikruti: Know Thyself

Understand your unique Ayurvedic constitution and current imbalances. Learn how to identify your personal health map through self-analysis.



Eat with Awareness

Why the traditional way of eating is sacred in Ayurveda—and how changing your diet can transform your health.



The Subtle Art of Home Remedies

Unlock the power of your spice rack! Learn to treat common ailments with simple kitchen remedies.



Daily Dinacharya: Rituals for Rhythm

Bring structure and energy to your day with the ancient daily wellness routine.



Seasonal Secrets & Herbal Face Packs

Adopt seasonal living and learn how to craft natural face care formulas for radiant skin.



Gut Health is Everything

Discover why Ayurveda considers the gut the “seat of health” and how to restore it.



Strengthen Your Digestive Fire

Simple lifestyle and diet shifts to awaken your metabolism and prevent future disease.



Marma Therapy for Instant Relief

Learn how to stimulate key energy points to relieve pain and rejuvenate the body—anytime, anywhere.



The Mind–Emotion Connection in Ayurveda

Understand how emotions affect your physical health—and why Ayurveda always treats the mind too.



Train Your Mind for Health

Techniques to improve memory, sharpness, focus, and clarity. Reset your mental landscape for success.



Emotional Strength in Difficult Times

Tools and guidance to stay calm, resilient, confident, and fearless—even in uncertain situations.



Restful Sleep, Naturally

Discover Ayurvedic solutions to improve sleep quality and wake up refreshed every day.



Healing Relationships through Ayurveda

Yes—Ayurveda can help heal your relationships! Learn how to cultivate harmony, empathy, and understanding through timeless principles.

Program Format



Live Online Sessions with expert Vaidyas



Study Material in English



Day-wise Schedule for easy integration



Online Access to recordings & resources (for 1-year)



1-on-1 Vaidya Consultation for personal guidance (1 time complimentary)

Who Should Join?

This program is for anyone seeking vibrant health, peace of mind, and a deeper connection to life:

- ✓ Wellness & Ayurveda enthusiasts
- ✓ Yoga teachers & holistic therapists
- ✓ Health professionals & caregivers
- ✓ Anyone facing stress, fatigue, sleep issues, or emotional overwhelm
- ✓ Those wanting to live in tune with nature & themselves

What You'll Take Away

- Daily tools to balance body & mind
- Deeper self-awareness and inner calm
- Ayurvedic wisdom for lifelong wellness
- Practical steps to prevent and manage health challenges
- A renewed sense of energy, peace, and purpose

Registration & Support

TO JOIN: <https://education.ayushakti.com/course/Ayushaktis2-weekonlineWellnessProgram-89606> 

For details or help: education@ayushakti.com

Participant Praise from Previous Programs

"I had no idea how much emotional strength I was lacking until this course helped me find it." — **Priya K., Australia**

"Now I follow daily and seasonal routines—I feel so aligned and peaceful." — **Mark D., USA**