



KALINDI
YOGA

| Programme | Is it for me? | What results can I expect? | What does it include? | How long does the programme run for? |
|--------------------------------------|--|---|--|--------------------------------------|
| <p>Fast Track to Vitality</p> | <p>You are experiencing acute or prolonged symptoms such as migraines, brain fog, fatigue, painful periods, lack of periods, irregular periods</p> <p>These symptoms are causing pain and disturbance in your day to day life or causing specific issues and/or health concerns</p> <p>You are seeking to deal with your stress levels or symptoms caused by stress</p> <p>You feel overwhelmed and overworked. You are working long hours</p> <p>You don't feel worthy of rest and so keep yourself constantly busy</p> <p>You're near burnout and don't know how to stop it from happening</p> | <p>A boost in energy</p> <p>A reduction of your symptoms</p> <p>Clarity of mind</p> <p>A return of direction and focus</p> <p>A boost in your confidence</p> <p>A reduction in your stress</p> <p>A boost in your immune system</p> <p>A happier life</p> <p>Living without pain and disturbance</p> <p>Guilt-free self care!</p> | <p>60 minute Hormonal Balance Assessment session to customise your programme</p> <p>24 x 90 minute private yoga sessions (online or in-person, an extra travel fee applies for in-person and must only be within the Gloucestershire area, UK)</p> <p>Weekly check-ins to check your progress and space for you to ask any questions</p> <p>Journaling guidance, educational sessions and extra techniques to help you understand your body and learn to take care of it, without the guilt!</p> <p>Hormone Yoga Therapy posture sheet</p> <p>Unlimited access to the recordings of your private sessions for you to practice again at home during or after your programme (online only)</p> <p>12 month membership to the on-demand Yoga for Hormonal Balance content after your programme ends</p> | <p>12 weeks</p> |



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| <p>The Wellbeing Programme</p> | <p>You are looking to build a regular wellbeing routine to help you manage feelings of fatigue, confusion or lack of direction</p> <p>You are seeking clarity and want to make better choices for a happier and more fulfilled life</p> <p>You feel stuck and unsatisfied</p> <p>You are overworked</p> <p>You are seeking to deal with your stress levels or symptoms caused by stress</p> | <p>The ability to live in a more balanced state</p> <p>Get better sleep</p> <p>Have better concentration</p> <p>See a reduction in your symptoms</p> <p>A boost in your immune system</p> <p>Clarity of mind</p> <p>The ability to make more conscious and deliberate choices that truly benefit you</p> <p>Resilience to stress</p> | <p>2 x educational webinars and Q&A sessions</p> <p>Membership to the on-demand Yoga for Hormonal Balance content</p> <p>Access to a community of women and support network</p> | <p>12 weeks (within a community of women)</p> |
| <p>Yoga for Hormonal Balance Membership</p> | <p>You are interested in finding out more about hormonal health</p> <p>You may be experiencing mild symptoms such as brain fog, fatigue, lack of motivation</p> <p>You may be suffering with prolonged stress/stress symptoms and falling ill often</p> <p>You may feel off balance but you don't know why you feel this way</p> | <p>Feel less stressed</p> <p>See a reduction in the mild symptoms you're experiencing</p> <p>You'll feel more balanced and calm</p> <p>Able to deal with stress in a healthier way</p> <p>Build your resilience to challenges or stress</p> <p>Clarity of mind</p> | <p>Membership to the on-demand Yoga for Hormonal Balance content</p> <p>Auto-renewal monthly subscription - no hassle!</p> <p>1 x online private yoga session with Kat where you can ask any questions you have</p> | <p>Rolling monthly membership (upgrade anytime, cancel anytime)</p> |