

RESTORE HEALTH IN JUST

90
DAYS

**UYIRMEI
RESET
PROGRAM**

TO REVERSE ALL CHRONIC PSYCHO-SOMATIC DISEASES





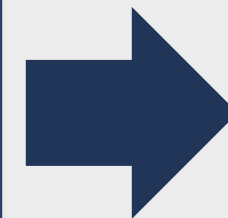
UYIRMEI RESET PROGRAM SCHEDULE

3 months program focusing on holistic approach including Detox, Diet, Yoga and Nature Cure Practices

Detox Therapy

3 Days

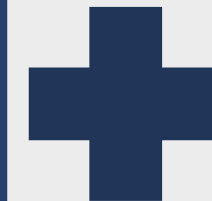
Day 1 : Intensive Detox
Day 2 : Skin & Liver Detox
Day 3 : Sun Bathing & Wet pack



Diet Therapy

90 Days

Level 1 : Taste Equilibrium
Level 2 : Balancing Nutrients
Level 3 : Satwik Food
Level 4 : Holistic Diet
Level 5 : Sustainability Challenge



Yoga Therapy

90 Days

Level 1 : Flexibility
Level 2 : Endurance
Level 3 : Deep Focus
Level 4 : Developing Routine
Level 5 : Sustainability Challenge

DETOX THERAPY

- ***SKIN DETOX***
- ***COLON DETOX***
- ***KIDNEY DETOX***
- ***LUNG DETOX***
- ***BLOOD PURIFICATION***
- ***LIVER DETOX***





DIET THERAPY



- ♥ **TASTE EQUILIBRIUM**
Traditional Tamilian Science of 6 Taste food Therapy
- ♥ **BALANCING NUTRIENTS**
Modern scientific Concept of Balanced Diet
- ♥ **SATWIK DIET**
Sattva concept of whole, complete, energy enhancing Food
- ♥ **HOLISTIC YOGIC FOOD**
Yogic concept of Sattwic food and Mitahara
- ♥ **SUSTAINABILITY**
Practice to sustain and balance favourite food

YOGA THERAPY



★ **THERAPUETIC EXERCISES**

Yoga Asana flow to detox and strengthen the complete physical body in different levels

★ **BREATHING THERAPY**

Healing Pranayama to enhance the pranic body (life energy) and develop deeper immunity

★ **MUDRA THERAPY**

Yogic Gesture to balance the 5 elements & enhance Physiological and Psychological self

★ **MEDITATION**

Variety of Meditation techniques to free the mental stress, anxiety, depression & to be in bliss state

★ **DEEP RELAXATION**

Yoga Nidra to relax the body and mind consciously & develops deep awareness to improve immunity

★ **PSYCHO THERAPY**

Yogic method to positively transform the self and self image through counselling therapeutically



NATURE CURE THERAPIES

- ***SUN BATHING***
- ***SUN GAZING***
- ***BANANA LEAF THERAPY***
- ***MUD THERAPY***
- ***STEAM THERAPY***
- ***HYDRO THERAPY***
- ***DORN THERAPY***





**WEEK
3 & 4**

Level 2

- Yoga for Endurance at all levels
- Modern method of balanced Diet

**WEEK
7 & 8**

Level 4

- Yoga for sustainability
- Holistic Diet for sustainability

**WEEK
1 & 2**

Level 1

- Yoga for physical body flexibility
- Traditional Tamil method of taste equilibrium in Food

**WEEK
5 & 6**

Level 3

- Yoga on deep focus at physical and mental levels
- Yogic Method of Satwik diet

**WEEK
9 - 12**

Level 5

- Sustainability Challenge on Holistic Diet, Yoga Routine & Nature cure practices



	Yoga	Diet
Week 1	Online Yoga for Flexibility - 7 Days	Diet chart as per Taste Equilibrium
Week 2	Self Practice of Yoga for Flexibility	Diet chart as per Taste Equilibrium
Week 3	Online Yoga for Endurance - 7 Days	Diet chart as per Balancing Nutrients
Week 4	Self Practice of Yoga for Endurance	Diet chart as per Balancing Nutrients
Week 5	Online Yoga for Deep Focus - 7 Days	Diet chart as per Satwic lifestyle
Week 6	Self Practice of Yoga for Deep Focus	Diet chart as per Satwic lifestyle
Week 7	Online Yoga Routine - 7 Days	Diet chart as per Yogic Diet
Week 8	Self Practice of Yoga Routine	Diet chart as per Yogic Diet
Week 9 to 12	Yoga Practice Sustainability Challenge	Sustainability Challenge



THANK YOU

We feel blessed travelling with you for a positive change

OFFICE



Uyirmei Center for Holistic Wellness
and Sustainable Lifestyle
#38, Prakash Nagar Main, Hosur, TN.



+91-99761-60500



www.uyirmei.in

