

## Duration

Min: 6 hours  
Max: 120 hours

# THE LONGEVITY PROJECT

Employee Wellbeing MasterClass



*with*

**Dr. Richa Arora**



# WHY START

a wellbeing program in your organization?

## EMPLOYEES HEALTH RISK

Physical  
Inactivity



High  
Cholesterol



Diabetes  
Hypertension



Cardiovascular  
Disease



Over  
Weight



Stress  
Anxiety



Back Pain  
Posture





# HAPPY EMPLOYEES LED TO

**3X**

Creativity  
Attention Span



**147%**

Higher Earning in share  
for the companies



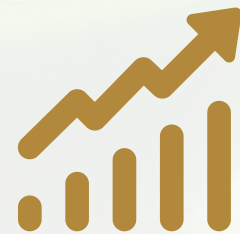
**76%**

Increased  
Attendance



**19.2%**

Operating Income



**37%**

Higher Sales



**41%**

Lesser Quality defects



**63%**

Savings on Health  
Care Cost



**31%**

Optimal  
Productivity



**87%**

Improved Engagement  
& Loyalty

# EMPLOYEE HEALTH TODAY

“Health is our birthright”, however going against nature has led us to “Dis-ease”

- Hypertension
- Depression
- Diabetes
- Obesity
- Cancer
- Migraine

- Deficiencies
- Insomnia
- Joint pain
- Body fatigue
- Common Infections
- Anxiety





# DO YOU WANT YOUR EMPLOYEES

## 1. TO REGAIN THEIR HEALTH?



We get to the root cause of your health issues and provide tools to move through periods of uneasiness & optimise core health.

## 2. TO GET RID OF MEDICINES, PILLS, ARTIFICIAL SUPPLEMENTS?



Learn to replace pills with natural elements. Make Kitchen your Pharmacy, and Food your Medicine.

## 3. TO RESET THEIR BODY AND MIND?



Create a blueprint by eliminating the unnecessary and adding the necessary to reset your whole system.

## 4. A TRUSTED GUIDE TO EXPERIENCE LIFE TRANSFORMATION?



We find out the core of what's troubling you and create a personalized plan to put you on track of life transformation, guiding you throughout the wellness journey.

## 5. TO BECOME THE BEST VERSION OF YOURSELF & BOUNCE BACK?



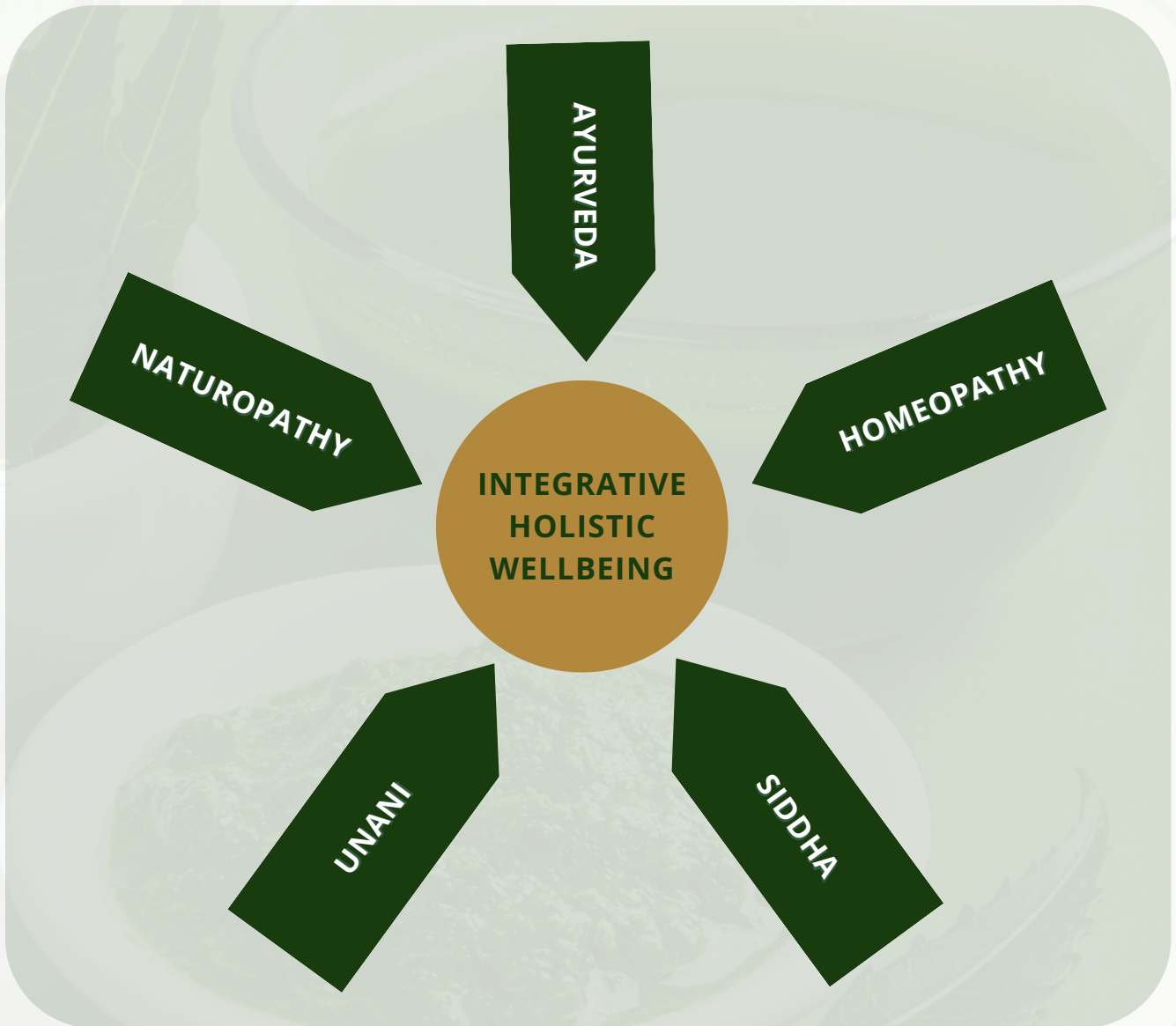
We understand you and align you to the path of well-being. Stay informed, motivated, and equipped to make choices that will lead you to be your best version.

## 6. TO LIVE A HEALTHIER, HAPPIER LIFE?



Uncover time-tested knowledge of alternative life-sciences. Unlock health secrets and awaken the eternal source of joy within to lead a happy life.

# WE INTEGRATE ALTERNATIVE LIFE SCIENCES



- With Holistic WellBeing at the core, our goal is to empower individuals to realise their ultimate health potential.
- We strongly believe in treating the root problem rather than symptoms.
- We have the right knowledge and intent to pull you out of the vicious circle of medicines and its side effects.
- We apply time tested protocols from traditional holistic sciences and design a health blueprint just right for you.





Our Well-Being Masterclass is customized for each individual by integrating 12 dimensions of wellness & providing a unique vitality health blueprint.

In totality, we guide you to incorporate "Wellness" as an intergral part of life

# PROGRESS TRACKER

## Protocol

## Outcome

Wellness re-education

STEP 1

Myth busters about your health practices

Alignment with circadian rhythm

STEP 2

Synchronize body with nature's clock

Stimulation of body channels

STEP 3

Activation of energy flow

Detox essentials

STEP 4

Elimination of toxins

Food as medicine

STEP 5

Replenish deficit body nutrition

Correlation with 5 elements

STEP 6

Interconnectedness with nature

Shutting down the system

STEP 7

Accelerate repair & healing

Introduction to traditional rituals

STEP 8

Catalyst to regain health

Adding Life to Life

STEP 9

Boost energy levels

In-depth organ care

STEP 10

Optimumize functioning of vitals

Declutter & Destress

STEP 11

Release & Rejuvenate

Conscious Living

STEP 12

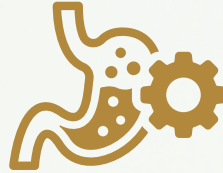
Personalized health blueprint



# INVEST IN WELLBEING

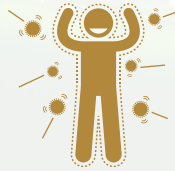
How will your Employees Benefit ?

Increased  
Metabolic Health



Reduced  
Unhealthy Cravings

Improved  
Natural Immunity



Enhanced  
Quality of Life

Better  
Sleep Quality



Healthy  
Hair & Skin

Enhanced  
Mindfulness



Reduced  
Anxiety & Stress

Improved  
Joint Flexibility



Reduced  
Pain & Aches

Higher  
Energy Levels



Improved  
Physical Fitness

# OUR EXPERTISE

1

Corporate Employee Wellbeing Program

2

1 : 1 Personalized Consultation

3

Health Transformation Workshop

4

Comprehensive Consultation for Wellness Spaces

5

Experiential Health Training Program



# Our **EMPLOYEE WELLBEING** **MASTERCLASS** Includes



30 mins 1:1 **Personalized Consultation**

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30 **Wellbeing Concepts** for Optimal Health

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30 hrs of Experiential **Health Training**

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30 **Live Demos** to use Food as Medicine

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30 Days comprehensive **Holistic Routines**

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12 **Longevity Principles** & Wellness Protocols

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30 **Nutrition Guides** & Meal Plans

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1 weekly **Support Call**

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Your unique vitality **Health Blueprint**

# Why Choose Us?

**1200+**

Free from Diabetes & Hypertension medications

**2100+**

Kidneys Normalized

**1800+**

Free from Hormonal pills & Deficiency supplements

**900+**

Saved from Joint replacement surgeries

**300+**

Free from Sleeping pills & Insomnia

**3000+**

Free from Inflammation related disorders

**600+**

Free from Migraine & Painkillers

**1500+**

Overcome Gut Health disorders

**6000+**

Kgs of Weight reduced



**Live a Medicine Free Life**

**LET ME GUIDE YOU THROUGH  
YOUR HEALING JOURNEY**



**I am Dr. Richa Arora,  
Naturopath (BNYS) & an  
Ayurvedic Practitioner (STED  
Council, Govt. of India) with  
over 12 years of expertise in  
Integrative Wellness, Natural  
Healing Methods & Alternative  
Medical Sciences.**

**With a collective experience in  
Nutrition, Holistic Health &  
Traditional Medicine, I offer  
scientifically supportive &  
progressive protocols to  
individuals to heal themselves,  
providing insights to avert  
diseases, enhance longevity and  
maintain vitality.**

**Dr. Richa Arora**

**Integrative Wellbeing Coach & Disease Reversal Expert**

**My goal is to inspire individuals to live a medicine-free life.**

**On a mission to empower 1 million lives  
on the path of wellbeing.**

**WELCOME  
TO...**  
**My world of  
Wellbeing**

Most diseases begin in  
the gut & inflammation is the root

LISTEN  
TO  
YOUR  
BODY

FOOD  
TIME &  
REST IS  
MEDICINE

BALANCE  
IS  
THE  
KEY

MAKE  
KITCHEN  
YOUR  
PHARMACY

NATURE  
IS THE  
TRUE  
HEALER

GOOD  
HEALTH  
IS  
LIFE

My healing mantra is -  
**Treat the Root & not the Symptoms**



Live a Medicine Free Life

*Richa Arora*  
LIVE A MEDICINE FREE LIFE

## HEAL WITH US



[www.richarora.com](http://www.richarora.com)



Dr. Richa Arora



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