

Sat - Sun

8th June -

30th June

8 am - 12 pm

# THE LONGEVITY PROJECT

Health Transformation MasterClass

*with*

**Dr. Richa Arora**



Khalidiya Palace,  
Opp, Corniche Rd

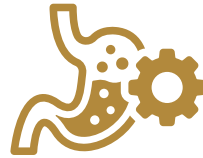


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[www.richarora.com](http://www.richarora.com)

# INVEST IN YOUR WELLBEING

How will you Benefit ?

**Increased  
Metabolic Health**



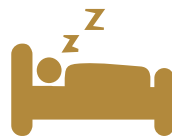
**Reduced  
Unhealthy Cravings**

**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 MasterClass Includes



90 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**

You will be served :  
Cleansing Juices  
Energising Breakfast  
Plant-Based Lunch

**Come Heal with us**

*with*

**Dr. Richa Arora**

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