



EXCLUSIVE WELLNESS PROGRAM WITH LUKE

Get yourself a health care plan exclusively devised by Luke and his integrative team of healthcare professionals to help you achieve your health goals, using a holistic approach based on your case, which will be studied and reviewed by Luke.

The key benefits of the Exclusive Wellness Program with Luke:

The program allows exclusive access to Luke and his team who work closely to devise personalized plans that aim for wellness and prevention. The key benefits of this particular program are:

- **Exclusive access to Luke and his integrative team:** Get personal access to Luke and his integrative team.
- **Holistic approach towards disease management (including cancer care):** Acquire exclusive food plans and holistic lifestyle plans designed by Luke and a head nutritionist.
- **Personal guidance from Luke:** Interact personally and receive guidance and follow ups from Luke through the program.
- **Emphasis on the four pillars to improve your lifestyle holistically:** Focus on the four pillars of health: balanced nutrition, adequate exercise, quality sleep,

and emotional detox to build holistic health.

- **Invitation to an exclusive webinar with Luke:** Get invited to a personalized webinar where Luke talks about specific disorders and learn how practicing a few techniques can improve your health.
- **Access to the Signature Happiness Course by the Art of Living:** Get access to a three-day Happiness Course conducted by professionals from the Art of Living along with a complete hand-holding session, as well as sessions on pranayama and meditation that are held fortnightly, while you are on the program with us.

***Note:** The Happiness Course by the Art of Living is conducted every 45 days for three days (for 2.5 hours each day). There is limited seating for these sessions, so registration will be on a first come first served basis.

Exclusive Wellness Program with Luke

Program Description:

- Enrolment to this program is exclusive and based on your case or goals, which will be studied by Luke.
- During this program, all food and lifestyle plans shared with you are exclusively designed and modified by Luke and our integrative team of head nutritionists, clinical dietitians, and lifestyle experts.
- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise.
- Regular detox plans are shared (as required) to help support your body's repair mechanisms, thus steering you in the direction of good health.
- Once your program ends, a one-time maintenance

guideline document created by Luke and your head nutritionist is shared with you, which will help you continue on your journey to good health.

Please note that this is an online program and is open to participation from anyone globally.

- Online chat support is available from Monday to Friday, 9 a.m. to 7 p.m.
- Different time zones other than Indian Standard Time will be handled accordingly.
- The assigned team's responses will be based on their appointments, hospital rounds, calls, and meetings. They will respond at the earliest.
- The team is off on weekends and on public holidays. In case of an emergency, feel free to contact us.

Package Features:

- Two monthly 15-20-minute video calls are scheduled with Luke and a head nutritionist assigned to you to discuss your case, progress, and the way forward.
- One video call is scheduled at the start of the program with you and a head nutritionist, followed by weekly voice calls.
- One call with a homeopathic doctor is scheduled during the program at a time of your choice.
- Your case, progress, and way forward are reviewed by Luke and his team of experts every five days.
- You are added to an online chat group created to guide and coach you during the program. This group will consist of Luke (as a silent observer), the head nutritionist, and an exclusive team of experts.

***Note:** Luke will not actively participate in the group discussion but would like to be part of the group to keep a track of your progress. He will catch up with you on your monthly scheduled calls.

Total Program Cost:

3 months: ₹520000 (inclusive of taxes)

6 months: ₹930000 (inclusive of taxes)

12 months: ₹1660000 (inclusive of taxes)

USD rates are applicable to anyone residing out of India.

3 months: \$6700

6 months: \$12000

12 months: \$21000

