



SATTVIK PROGRAM

Sattvik means “pure essence,” and Sattvik foods are considered to be pure and balanced, and offer feelings of calmness, happiness, mental clarity, and peace. Sattvik living is all about embracing purity and simplicity, which in a world of complexity, is a new luxury. It starts with choosing foods that are simple and cleansing, the right quality of thoughts, movement, and valuing the power of rest. The ultimate goal of our Sattvik Program is to bring balance to your body, mind, and soul. If followed well, it can also nurture your spirit, which often gets tainted by the external environment and its influence on you.

The key benefits of the Sattvik Program:

This program is aimed at providing holistic and personalized support to your individual needs through the Sattvik regime that lays emphasis on seasonal foods and follows a vegetarian diet.

- **Introduction to a Sattvik lifestyle:** Get introduced to a Sattvik lifestyle and learn the art of following it in a modern world.
- **Balance in your routine:** Discover and maintain a balance in your day-to day routine to keep a

clear mind and improve your personal health and well-being.

- **Purification from inside out:** Purify your body, senses, and mind to attain sattva, which is a state of balance, harmony, peace, and tranquility.
- **Yogic practices to enhance your journey:** Get guidance from our yoga therapists tailored to your needs and learn tools and techniques that can help cultivate sattva.
- **Introduction to natural remedies:** Learn nature-inspired remedies to help address your health concerns.
- **Feedback and guidance by integrative nutritionists:** Receive personalized guidance by our nutritionists on your food logs.
- **Customizing your lifestyle as per your Sattva:** Rebuild your lifestyle as per your sattva and commit yourself to making resolutions that are good for you, by making conscious choices of the food you eat, the time you go to bed, the exercise routines you follow, and the things you do to relax.

Price and package options for the Sattvik Program

Program Description

- Our integrative team of nutritionists and yoga experts create a customized plan and yoga sequence for you after studying your lifestyle,

personal details, blood reports, and your health goals.

- Your coaching revolves around the four pillars of health that Luke strongly advocates: quality sleep, balanced nutrition, emotional detox, and adequate exercise (which includes yoga, breathing, and pranayama).
- A customized food plan is created by taking into consideration your condition, symptoms, body requirements, medications, work timings, availability of ingredients, allergies, and so on.
- Once your program ends, a one-time maintenance guideline document created by your nutritionist is shared with you.

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

- Online chat support is available from Monday to Saturday, 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 public holidays. In case of an emergency, feel free to contact us.

Package Features:

- One video call is scheduled with a yoga expert at the start of the program where they will customize your yoga sequence.
- One video call is scheduled with the assigned nutritionist at the start of the program.

- You are added to an online chat group created for seven days (duration of the program) to guide and coach you. This group will consist of your nutritionist, yoga consultant, a quality control team, head nutritionist, and the head of the Sattvik Program.
- You will receive a handbook on the principles of a Sattvik lifestyle and pre-recorded cooking videos (one soup, salad, and main course) will be given during the journey.

Eligibility criteria

- Anyone who wants to follow a Sattvik lifestyle and experience it.

Total Program Cost

7 days: ₹6000 (inclusive of taxes)

USD rates apply to anyone residing out of India.

7 days: \$85

