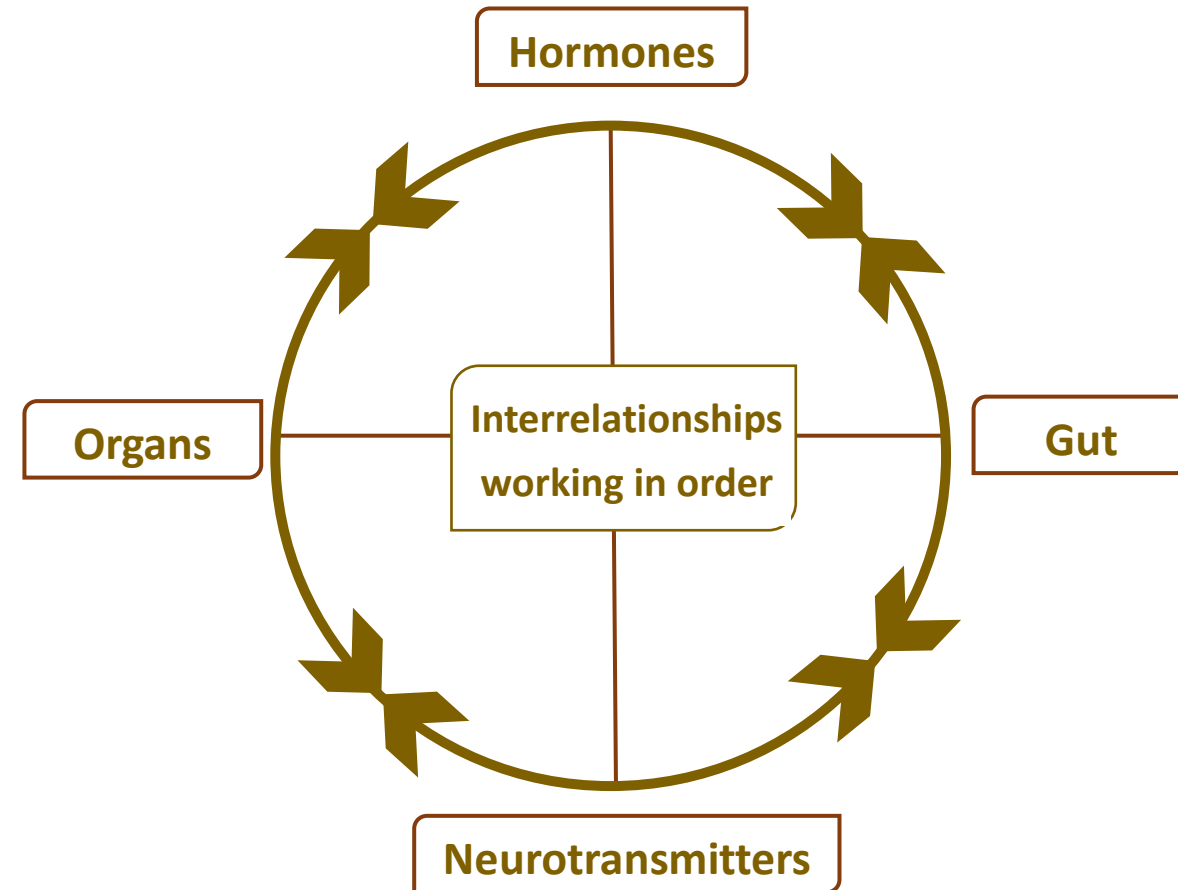
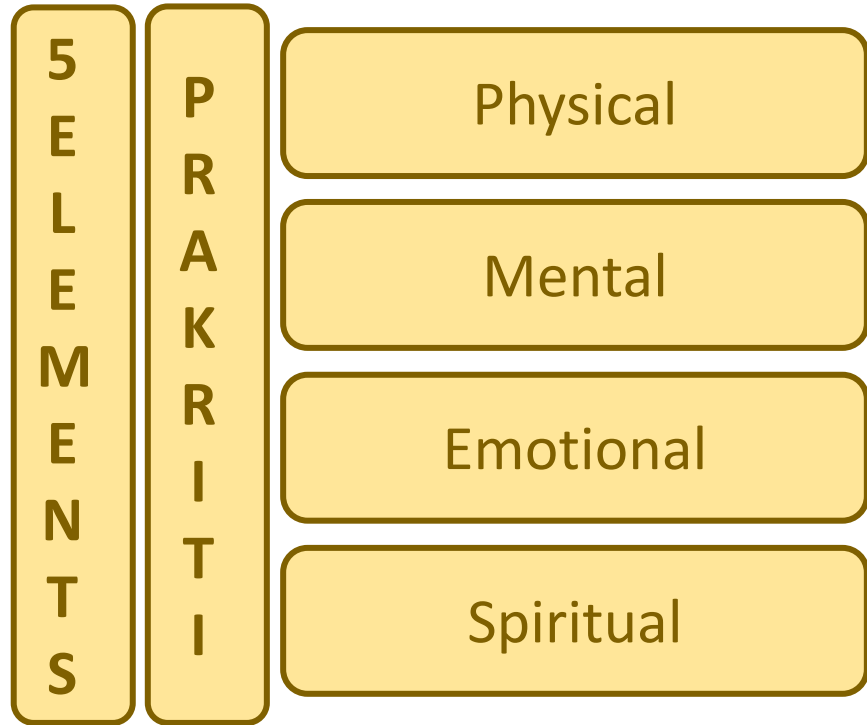


Living Without Medicine Model & Coach for Health Program



Holistic Wellness Model – Healthy balance



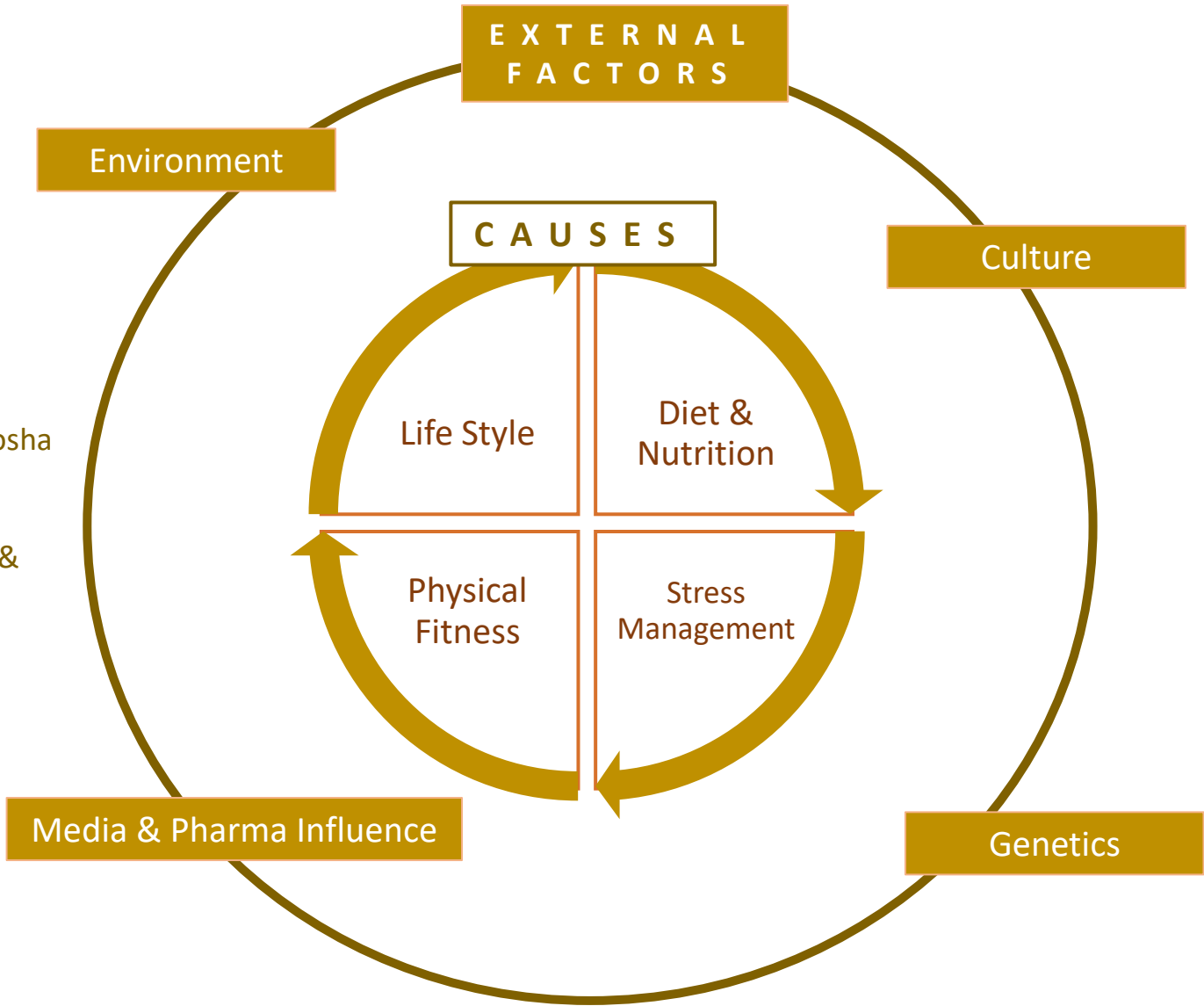
Healthy Balance Chart

Transition Management through Coach for Health

A
Y
U
R
V
E
D
A

D
I
N
C
H
A
R
Y
A
&

Correcting dosha imbalance through Panchkarma & Chikitsa



Knowledge

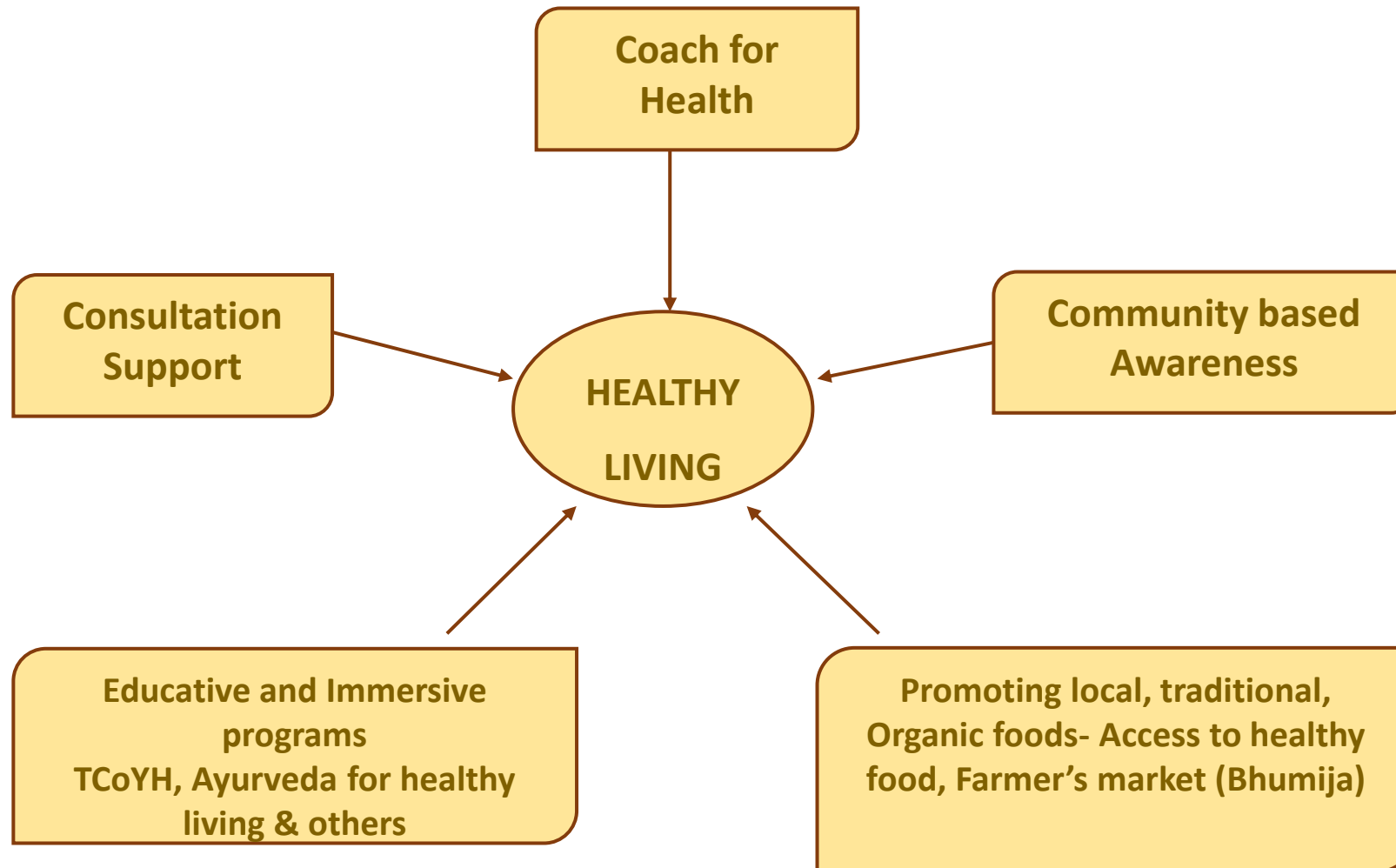
Mental Health Tools

Targeted Nutrition

F
U
N
T
I
O
N
A
L

M
E
D
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C
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N
E

LWM Interventions - Holistic Wellbeing



Elements of Coaching Model

LWM Principles & Values

Targeting different Segments of people viz; Urban & Corporate health

Coaching Skills

Knowledge of Non Communicable Disorders

Functional Medicine & Ayurvedic Approaches

Three levels with co learning, & learning by doing methodology

Community health interventions