



SOUL ALCHEMY

A 21-Day Emotional Wellness & Inner Healing Journey

"Your healing journey doesn't begin when life becomes less busy. It begins the moment you decide that your wellbeing deserves a place in your life."

What You'll Experience:

- Nervous System Regulation & Inner child healing
- Belief Rewiring: Work with the inner critic & triggers
- Ayurveda & Expressive Arts: Holistic integration
- Forgiveness Work: Releasing old baggage
- Manifestation: Aligning with your ideal self
- Live Sessions: Integration & 1-on-1 support

Who Is This For?

- Experiencing stress, overwhelm, or burnout
- Struggling with overthinking & anxiety
- Navigating relationship triggers & patterns
- Feeling disconnected or lacking direction
- Difficulty maintaining healthy routines or consistency

What you'll receive:

- Duration: 21 Days (Online)
- Includes: Daily guided videos, worksheets, journal prompts, weekend live sessions & 2 personalized one on one sessions with support

Benefits

- Deep emotional clarity & self-awareness
- Reduced anxiety & mental clutter
- Understanding personal triggers & patterns
- Building healthy daily self-care routines
- Increased confidence, balance, and stability
- Practical long-term wellness toolkit



Exclusive Bonus: FREE Digital Year Planner (E-Planner) included with registration

START YOUR JOURNEY TODAY • Reconnect with the version of yourself that feels calm, confident, and aligned.

Claim at website Pricing

₹2,999 ~~₹5,999~~

ENROLL NOW