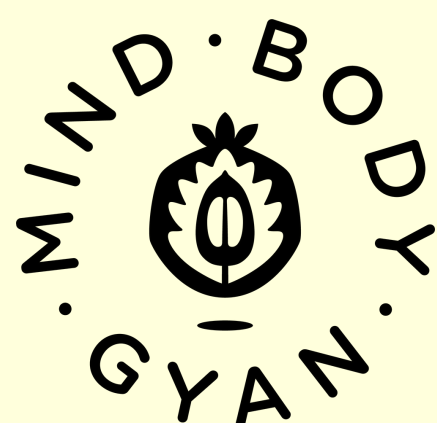


WELCOME TO CELEBRITY NUTRITIONIST  
SHONALI SABHERWAL'S 'HORMONAL HARMONY' course  
Book: Finding Your Balance Your 360 degree Guide to Perimenopause & Beyond  
Authors: Dr. Nozer Sheriar & Shonali Sabherwal





# **HORMONAL HARMONY**

## Transform your Hormonal Health: Foods & Lifestyle Practices

This course over 8 instagram live modules will teach you to understand your hormones, how they work, what functions of the body's working are impacted and how to transform hormonal health using food and lifestyle practices.

PLUS

Engage in 12 live sessions of yoga with Shonali's yoga teacher Eric Angus to impact your hormonal health & indulge in Yoga Nidra Meditations to induce a relaxation response and impact cortisol levels and adrenals to stay in-check.

Shonali's Sessions: Tuesday & Saturday's 4-5 pm IST

Yoga sessions Monday\_Wednesday-Friday 9.30 am

5 Yoga Nidra meditations always available on page

11 recipes always available on page

Live sessions will be saved till March 6 th, 2023 to view

## **Module 1**

- Course overview, course expectations
- Know your hormones
- Stages of a woman's life and how they work for you
- Q & A

## **Module 2**

- 8 common issues that impact your hormones
- Q & A

## **Module 3**

- Your Hormonal imbalance enemies
- Stuff you are doing to cause imbalances (skin, hair, nails, vitality, foggy thinking, sleep, weight, gut)
- Q & A

## **Module 4**

- Your Hormonal harmony friends
- What can you do to help the hormones
- Q & A

## **Module 5**

- Nutrition & Lifestyle habits
- Q & A

## **Module 6**

- The Hormone Harmony health Plan
- Q & A

## **Module 7**

- The Hormone Harmony Lifestyle Plan
- Q & A

## **Module 8**

- The Hormone Harmony Exercise, Lifestyle, Supplements & Hormone hot foods plan
- Q & A

# Course session Guidelines

- Each live will run for 45-60 minutes
- For those enrolling from out of India, you can access lives over the same group as they will be saved, till March 10th, 2023. No extensions will be given after this date.
- During the instructional part of the live session, no questions will be answered, the comments will be turned off. There is a Q &A section after each module.
- Recordings of these sessions is not permitted
- No individual recordings of the sessions will be provided, during or after the program is completed.
- All communication on the course during the course is on, will be done via email.

## Registration Process

For those accessing from India and abroad please access from the website [www.soulfoodshonali.com](http://www.soulfoodshonali.com) Mind Body Gyan page, under 'Shop'

Additionally, for those whose payments do not work due to some reason payment details are below do send name, email id, insta id and phone number to 9820431224 as a whatsapp after payment is made, with a screenshot of your payment.

whatsapp 9820431224 for issues

Bank: INDIAN OVERSEAS BANK-ISKCON BRANCH  
SAVINGS ACCOUNT NO: 124501000010518  
IFSC CODE: IOBA0001245.  
SWIFT CODE: IOBAINBB128  
ACCOUNT NAME: SHONAALII SABHERWAL

Cost: **INR 5500** (inclusive of taxes & other charges)



# Shonali's Credentials

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

List of ailments, I have worked on: Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); fibromyalgia, cancer: rectum, colon, breast, lung, prostate, ovarian; cancer markers; skin issues (psoriasis, urticaria, skin glow, dark circles); thyroid; PCOD; depression (anxiety); OCD; hair fall; menopause; allergies; food intolerances; conditions associated with low immunity; weight loss/gain; diabetes.; autoimmune conditions.

Detailed list on [soulfoodshonali.com](http://soulfoodshonali.com)

Recipient of **Vogue 2020 'Best Nutritionist'**  
Times (of India) SheUnltd for Health food 2019

List of Bollywood Clients includes: Katrina Kaif, Zoya Akhtar, Siddarth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jaqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil to name a few.



SHONALI