

EMERGE- PCOS/PCOD REVERSAL CHALLENGE



**AN EXCLUSIVE ONLINE
PROGRAM TO HELP MANAGE
AND REVERSE PCOS/PCOD
NATURALLY THROUGH THE
PATH OF YOGA**



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EMERGE- PCOS/PCOD REVERSAL CHALLENGE

This is a perfect place for you to begin your journey towards a **PCOS/PCOD free life**.

With a combination of **yoga sessions, healthy eating habits, lifestyle changes** and **changing belief system**, you will have every tool that you need to lead a healthy lifestyle and a PCOS/PCOD free life. This works on the basic principle that the human body has **self-healing capacity** if you give it the love, care and respect that it needs.



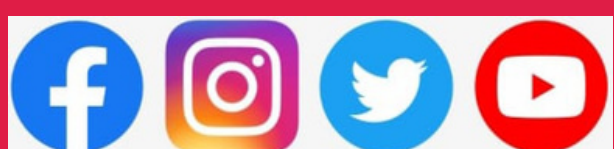
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BENEFITS OF THE COURSE

- **Yoga sessions** suitable for beginners, understanding the body dynamics, weight-loss and normalizing bodily functions.
- **Live interactive sessions** with experts, once a week to get your questions answered.
- **Healthy eating** principles for PCOS/PCOD based on yoga and ayurveda.
- **Weekly challenges** to bring **changes in lifestyle** gradually
- **A community** of like-minded, non-judgemental women to have a platform to share, discuss and get through the recovery process together.
- Other **important concepts** which are necessary in your recovery journey



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YOU ARE PERFECT FOR THIS COURSE IF

- You have been diagnosed with **PCOD/PCOS** and want to manage your health in a holistic way.
- You are trying to **conceive** and have been unsuccessful till now experiencing **infertility issues**.
- You are experiencing **stress, anxiety, depression, panic, restlessness and lack of focus often** and want to improve your emotional balance.
- You have **painful menstrual cycles** often.
- You have **gained weight** and are looking for weight-loss in a sustainable manner without chances of relapse.
- You have an **erratic lifestyle** and are looking to bring discipline into your daily life.
- You have **emotional issues** and want to heal yourself.
- You have immense **respect towards yoga** and are looking to learn and explore it in a traditional manner.
- You have never practiced yoga before and are looking to **start yoga**.



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ENERGY EXCHANGE

Rs. 4,999 INR

Lifetime access to guided yoga videos in class format, healthy eating habits, lifestyle changes and other tips to reverse PCOS/PCOD

Live sessions every week with experts to help you clear your doubts and questions regarding your recovery process

A community of like-minded people to share and discuss to help speeden your recovery journey.



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WHAT TO DO NEXT?

1. Click on the link below to register.
2. You shall be receiving a mail from us confirming your registration.
3. You shall be added to our exclusive private Facebook group.
4. You shall be given access to our recovery tracking system to help understand and record your recovery process.
5. All communication will happen over mail. Please keep an eye on your inbox!

[REGISTER HERE](#)



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FAQs ABOUT THE COURSE TO GUIDE YOU

1. Do we have interactive yoga sessions?

No. Since we are catering to the needs of women from various backgrounds and time-zones, the yoga sessions are all recorded. These sessions will be updated from time to time according to progress and need.

2. I have doubts regarding my health, symptoms and recovery process. How can I clarify my doubts?

We will have live sessions once a week with our facilitators and experts to get your doubts cleared.

3. I will be unable to attend live sessions. What can I do to watch them?

Recordings of all sessions will be available for access on our private Facebook group.

4. Why should I do self-practice?

Your recovery process requires constant efforts and persistence. Self-discipline and self-practice is the right way to take charge of your health and body to ensure the recovery process is consistent.

6. How long does it take to recover from PCOS/PCOD?

Your recovery process is a long-term journey. 3 months is the minimum duration that is required to experience the benefits of yoga and lifestyle changes. The recovery process of each person is different as per their body type, habits, lifestyle etc.

7. Does this course guarantee the reversal of PCOS/PCOD?

Reversal of PCOS/PCOD is possible through lifestyle changes. It requires immense discipline and persistence by the participant. The entire onus of the recovery process depends on how well the participant is able to implement the guidelines given during the course.



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FAQs TO GUIDE YOU

1. **I have never practiced yoga before. Will I be able to manage?**

Absolutely. This course is specifically targeted at beginners. So prior knowledge of yoga is not necessary.

2. **I do not have a flexible/strong body. Will I be able to do asanas?**

Your body will become flexible/strong over a period of time with regular practice. So if your body is not flexible/strong right now, it is considered normal for beginners.

3. **I am overweight/obese. Will I be able to practice asanas?**

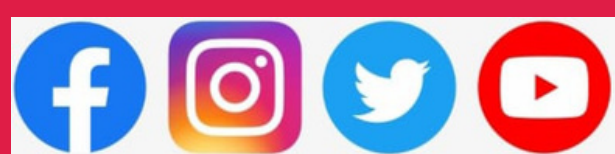
Yes. Body weight, shape and structure does not determine the ability to practice asanas. One can practice asanas irrespective of these factors. Only the intention to practice and consistency towards practice is important.

4. **I am a senior citizen. Will I be able to cope with the sessions?**

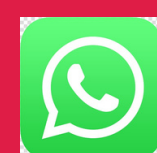
Yes. Many asanas have certain variations which will assist in easy practice. The modified variations will be demonstrated during the sessions.

5. **I do not have a yoga mat. Is it compulsory?**

Though it is recommended to use a yoga mat to avoid injury, it is not mandatory. A thick blanket/rug/carpet can be used.



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FAQs TO GUIDE YOU



6. I have pain in my knees/neck/shoulders/back. Will I be able to practice asanas?

Yes. Many asanas have certain variations which will assist in easy practice. The modified variations will be demonstrated during the sessions. Asana practice will help in reduction of the pain.

7. I am a patient of diabetes/thyroid/any other disease along with PCOS/PCOD. Are these classes suitable for me?

Yes. The classes are apt for you. The sessions and practice will assist you in managing your health issues in a conscious manner.

8. How many days in a week should I practice yoga?

It is recommended to practice for 5-7 days a week.

9. I cannot dedicate time during my weekdays for yoga practice. Is it enough if I practice during weekends only?

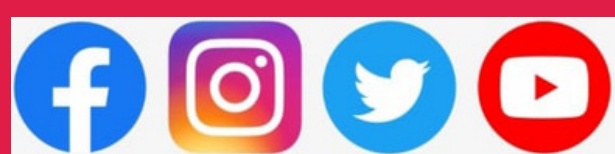
Yoga should be made a part of one's lifestyle. Leading an unhealthy lifestyle during the week and practicing only during the weekends will not bring any significant changes in the body or state of mind. It is recommended to practice for 5-7 days a week.

10. I am not sure about what food to eat. Will you be guiding on the diet as well?

Yes. Guidance will be given on healthy eating habits as per principles of Yoga and Ayurveda.

11. I want to lose weight. Will this course help me?

Yes. This course will help you in leading a healthy lifestyle. Weight-loss will be a by-product of healthy lifestyle.



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FAQs TO GUIDE YOU



12. **If yoga helps in weight-loss, how long will it take for me to lose weight?**

Different bodies respond in different ways to yogic practices. Weight-loss depends on various other factors like eating habits, lifestyle, emotional state, genetics etc. Hence, a definitive time-period cannot be determined for weight-loss process. A continuous practice for a minimum period of 45 days is recommended to notice significant changes in the body.

13. **For how many days should I practice yoga?**

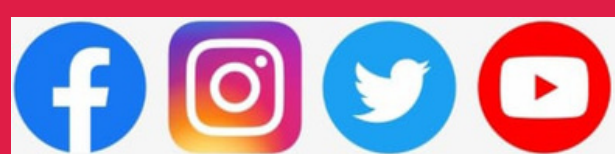
Yoga is a part of your lifestyle. Once you start enjoying the practice of yoga, it becomes a part of your routine and you can practice for the rest of your life.

14. **In how many days can I see changes because of yoga?**

With regular practice, you can notice changes internally and externally within a few sessions.

15. **How long will it take for me to learn all the asanas?**

The ability to learn asanas depends on various factors like frequency of practice, flexibility, strength and symmetry of the body, the ability to focus and concentrate during practice etc. It is about enjoying the journey of learning and not the end result of being able to do asanas perfectly.



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FAQs TO GUIDE YOU



16. **How much time gap should be maintained between meals and yoga practice?**

Ideally a gap of 1.5-2 hours should be maintained between a heavy meal and yoga practice.

17. **Can yoga be practiced during menstrual cycle?**

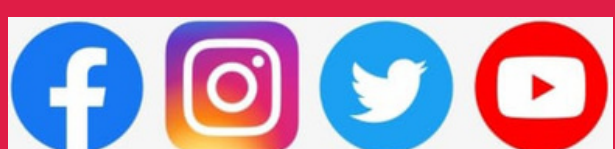
Yes. Yoga can be practiced during menstrual cycle. The exceptions for this being practices where the body is in an inverted position and the practices which need abdominal strength. The body is the best indicator whether it can sustain a practice session or not. So it is best to listen to the body and decide accordingly during menstrual cycle.

18. **Which is the best time for yoga practice- morning or evening?**

Different people have different preferences. Some people find morning practices to be refreshing as the mind is fresh after sleep. Others prefer evening practice since the body is more flexible after moving around during the day. This preference is relative and depends on person to person.

19. **I am not a Hindu. Can I practice yoga?**

Yoga is the union of mind and body. It is beyond religious boundaries. Anyone can practice yoga irrespective of which religion they follow.



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KNOW YOUR INSTRUCTOR



Madhuri Vasisht

YIC, RYT200, RYT (Pre-natal TTC)

Madhuri comes from a Chartered Accountancy background. In the year 2013, after a road accident, she started practicing yoga. Her recovery led her to make yoga a part of her lifestyle. After being diagnosed with PCOS (Poly-cystic Ovaries Syndrome) and a battle with depression, she cured herself with the help of yoga and self-healing.

This prompted her to spread the knowledge of Yoga and help others heal from their ailments. She got her Yoga Instructor's Certification (YIC) from S-Vyasa University, Bangalore. She completed her RYT200 and RYT Integrated Pre-natal certifications as well.

In the year 2019, she founded 'Madhuri Yoga' and connected to people from various backgrounds and led them to the path of yoga.

With her yoga sessions being simple and easy to follow, she has been able to reach out to the young and the old alike. Currently, with over 2,000 hours of yoga teaching experience, she has helped 100s of people to find peace, health and happiness through Yoga.

She believes Yoga is for all and everyone should make it a part of their lifestyle to lead a healthy, happy and fulfilled life.



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