



By personalizing your health regime you will unlock your true potential, set measurable health + energy goals, establishing yourself in a holistic lifestyle and build resilience all year around.

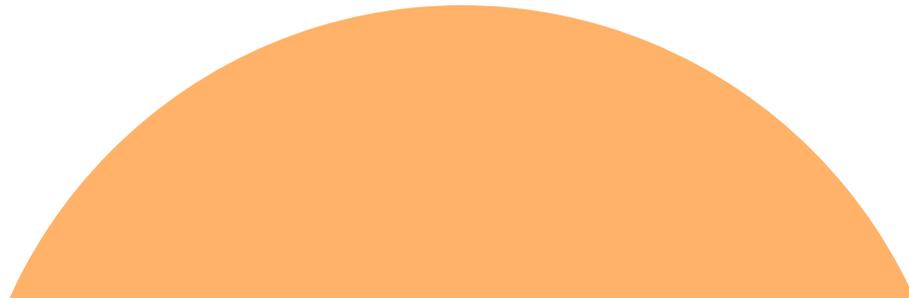
Supriya Roy - Senior Yoga Teacher | Ayurveda Practitioner
Owner of Seva Yoga School & Seva Transformation Academy

WHAT THIS JOURNEY AHEAD MEANS

A year of personalized practices

Congratulations! You have taken a meaningful step toward the most important thing in the universe; Your health. This is going to be a wholesome program for the attainment of Your energy and health goals in body, mind and spirit.

It will be my absolute privilege to guide, nurture and support you step by step defining your goals, and create the pathway to achieve them to experience the ultimate state of health and well-being that you can create for yourself. It's your time now and you are ready to take the next step.





HEALTH MENTORSHIP PROGRAM

Enjoy a Holistic Lifestyle

To qualify for this program you will need to have completed a 30 minute discovery call with us. A general interest in natural sciences will be advantageous. Mentoring and Coaching is given to all that identify with health being a prime area of interest and will be in a position to commit to the work in this program. Mentees will establish themselves in a regular Yoga practice, and an Ayurvedic Lifestyle over a course of 12 months addressing personal health goals identified in consultations. The program requires a special commitment to:

*4 x 90minute quarterly Personal Coaching sessions

*4 x Seasonal Lifestyle Masterclasses

*Daily home practices + Journal & Logs

*8 x 1hr monthly coaching calls

Upon completion mentees, will have established themselves as a Holistic Yoga Practitioner. This program is also an excellent companion and deepening of knowledge disseminated in Supriya's 500Hour Yoga Teacher Training program taught at Seva Yoga. During this mentorship mentees will develop a closer relationship with a qualified mentor and peers (should they chose to), to receive a year long Personalized guidance and mentoring toward achieving personal well being goals.

WORKING ON YOUR OWN HEALTH & ENERGY

**WHAT
YOU
WILL
GET
FROM
THIS**

You are reading this because you are serious about living a meaningful, enriching and positively influential life.

The fundamental cost to Do, Be and Have what we want in life is some form of energy, be it money, time or attention. So when we don't have a working system in place to create and sustain our physical, mental and emotional energy we lack the creative power too. This lack can make us malnourished, time poor and mentally blocked to create what we actually want for ourselves, our loved ones and our community.

Ayurveda the science of longevity and life and Yoga the science of mind mastery are the natural medicine frameworks this program is culminated in and will guide you through 4 seasons of change and develop personalized systems for you.

This is an 85% practice and 15% theory based program with meaningful tools to scale and measure progress and make insightful decisions for you and your overall health.



YOUR KEY COMMIT -MENTS

Here is the curriculum for the year

Personalized Daily Routine:

- Personal Diet & Lifestyle
- Purposeful Journaling
- Yoga & Pranayama Practice
- Practice Log- **Assessed quarterly**

Monthly:

- Live 1hr coaching call with Supriya

Seasonal:

- 4 x 90 minute Consultations - quarterly

Yearly:

- 1 x Reading and submission of written essay

Community:

- You will have access to the Seva Transformation Community at the studio and online should you chose this



SUPRIYA ROY

Ayurveda Practitioner | Yoga Teacher Trainer | Transformation Mentor

It makes my soul sing to know that you are making a commitment toward your health and are ready to take the next step on your wellness journey.

I'm delighted to share with you that 2020 marks to be my 14th year since I decided to commit to my quest for greater health. It had kicked-off with a couple of mental and emotional breakdowns by the age of 23. And even though I was physically fit, I suffered every day. I felt constant physical aches, daily brain fog, got sick every season, worry kept me up at night and my anxiety caused me to reach for all sorts of temporary fixes. If reading this makes me sound like a mess, you might change your mind if you had met me back then. I was what you might know as a functional mess. While suffering behind the scene, I spent a decade thinking about it being a passing phase. I thought that I was the one responsible for my poor ill state, and so I should be the one to fix it. I felt intimidated to ask questions and lacked in skills to articulate.

My mind sent me in many directions to fill the voids and to fix a perpetually growing depression by setting new career and financial goals, training to feel stronger, eating "healthier", booking holidays and changing my personal style. I tried to change in an array of ways and adopted many habits of other people but none of it fit me. I literally felt trapped in a prison of my own failed attempts and by 2006 I hit rock bottom. This changed my life's trajectory forever.

Since 2006 life has never felt the same and neither has my health. It took me 7 years to fully recover from all kinds of health patterns with the help of a whole new team of friends, teachers, therapists and mentors. They all helped me align with my truth, my goals, my dreams. Now everything fits me and I'm living my life's purpose..

If I achieved my sovereignty, so can you. If you are reading my bio, then you are already many steps ahead of where I used to be before my recovery started. You have to know, and believe that your time on earth, matters immensely. The changes you decide to make in your health now will have a positive impact for decades to come.

I'm not going to say it will be easy, but it's not as difficult as staying in that merry-go-round of false goals. A mentor is a qualified person who has the wisdom, and can show you the way too. A mentor is also someone who will keep you accountable, be on your team as you stay committed to your vision and teach you what is relevant to you. It's a whole new relationship based on healthy boundaries and values that will help shape your new reality.

So, my friend the Ultimate Seva journey starts here with the Health Mentorship, which is a personalized practice journey. I'm honored to work with you and bring you the success you seek in your wellness journey.

KEY VALUES

Work with an Ayurvedic Practitioner & Yoga Therapist & Senior Yoga Teacher.

In my years of practice what has kept me going is the ongoing Mentorship from my teachers and peers. The road might seem long, endless and sometimes full of questions that require external guidance. I am here to offer you guidance to establish you in the right practices and help you achieve concrete results for the goals you have set for your journey.

A mentorship means you will get one on one personalized sessions that will counsel and coach you with your practice and goals. See pre-requisites to qualify for your placement.

Yoga & Ayurveda are comprised of eight branches of practices- with this special commitment you will achieve a holistic practitioner level experience. The skills and developments are lifelong and you will unlock your own potential to evolve yourself.

In the 12 months you will evolve and take your personal health and wellbeing to a better place and to honor that growth we will place you in the Seva Mentorship Alumni Community as a beacon of light for new aspirants on their Wellness Journey. - Supriya Roy

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**YOU CAN'T
POUR FROM
AN EMPTY
CUP. TAKE
CARE OF
YOURSELF
FIRST.**



**1 ON 1
COACHING & MENTORSHIP
WITH SUPRIYA**

YOGA / AYURVEDA / TECHNIQUE

On your journey the only way to scale improvement, growth or development is if you identify what it is that you personally need and want. Consultations with Supriya will offer personal assessments, goal setting, action planning and therapeutic remedies to help you achieve your personal goals.

PRICING

Energy and Health are the keys to opening all doors in body, mind and spirit. And you are ready to claim your keys.

\$4597 Upfront

Or

4 monthly payments of \$1379

*Note the fees include the cost of all 4 x 90mins 1 on 1 consultations, 4x Seasonal Masterclasses. Program notes, 1 x manual and 8 x 1 hr coaching calls.

Registration can only take place after a discovery call is completed to assess suitability of applicant.

To register for a call email us at:

info@sevayoga.com.au

THE SEVA PRACTITIONER'S PATHWAY

TEACHER
TRAINING

1 YR
MENTORSHIP
PROGRAM

12 MONTHS OF PRACTICE
*TECHNICAL YOGA
WORKSHOPS
*LIFESTYLE
MASTERCLASSES
*WEEKEND IMMERSIONS

1 MONTH INTRODUCTION TO SEVA CLASSES

BEGINNERS YOGA COURSE