

SARVAM GLOBAL WELLNESS PACKAGES

Heal With Us

Restore Balance | Reverse Disease | Redesign Life

1) Foundation Wellness Reset – 4 Weeks

For beginners who want to experience deep awareness and micro-habit transformation.

Price: USD 279 | INR 21,000

What's Included:

- Prakriti Assessment (x1)
- Food & Lifestyle sessions (x2)
- Micro-habit installation Sessions (x1)
- Introduction to Life Recalibration Framework (x1)
- Custom Food & Lifestyle Blueprint (PDF)
- E-Recipe Book
- WhatsApp support (Mon–Sat)

2) Deep Healing & Disease Reversal – 12 Weeks

For lifestyle disorders, hormonal imbalance & emotional challenges.

Price: USD 599 | INR 49,999

What's Included:

- Healing Sessions (x10)
- (SUJOK, PNST, Mindset Training, Emotional Detox, LRF)
- Prakriti Assessment (x1)
 - Food & Lifestyle Sessions (x8)
 - Guided Meditations (x3)
 - Brain Gymming (x1)
 - Ayurveda based Detox (x1)

- Progress Tracking Matrix
- Food & Lifestyle Blueprint (PDF)
- WhatsApp Support (Mon–Sat)
- 1 Month Post-Program Support

3) Holistic Transformation Program – 6 Months

Lifestyle redesign, emotional clarity, Disease reversal & identity-level changes.

Price: USD 849 | INR 70,500

What's Included:

- Personalized Healing Sessions (x35)
- Lifestyle Reprogramming
- Prakriti Assessment
- Life Purpose & Clarity Modules
- Relationship & Compartmentalization Training
- Advanced Breathwork
- Ayurveda based Detox
- Monthly Progress Review
- Progress Tracking Matrix
- Continuous WhatsApp Support (Mon – Sat)
- 2 Months Post-Program Support
- Meditation Audios + Journaling Templates

4) Mastery & Seasonal Alignment Program – 12 Months

For high achievers who want year-round immunity, great health & resonance with Circadian Rhythm

Price: USD 1,199 | INR 99,999

What's Included:

- Personalized Sessions (x50)
- Prakriti Assessment
- Circadian Rhythm Reset
- Prakriti & Seasonal Alignment
- Ayurveda based Detox
- Mindset Mastery & Emotional Resilience
- Seasonal Detox Plans
- Priority WhatsApp Support
- Exclusive Workshops Gate Pass
- 3 Months Post-Program Support

5) Elite Family Wellness Program – 12 Months

Premium family wellness system focused on immunity, nutrition & emotional ecosystem along with SATVIK Kitchen set up

Price: USD 2,499 | INR 2,00,000

What's Included:

- Family Assessment (Lifestyle, Ayurveda, Emotional ecosystem)
- Prakriti Assessment (All Family Members)
- Kitchen Revamp + Food System Design
- Chef / Cook Training
- Family Dietary Blueprint
- Seasonal Immunity Plans for Family
- Disease reversal Food & lifestyle guidance (Personalized for family member)
- Personal/ Group & 1:1 Sessions
- Priority WhatsApp Support
- Emotional Detox Sessions
- Personal Family Retreat Plan (x1)

PACKAGE COMPARISON MATRIX

Feature	Foundation	Deep Healing	Transformation	Mastery	Elite Family
Duration	4 Weeks	12 Weeks	6 Months	12 Months	12 Months
Sessions	5	24	35+	50+	Varies (Family-based)
Nutrition Guidance	Basic	Advanced	Complete Reprogramming	Seasonal + Annual	Family System
Emotional Detox	Basic	Intermediate	Deep MRF Work (Manas Recalibration Farmwork)	Advanced	Family Emotional Ecosystem
Lifestyle Blueprint	Yes	Yes	Advanced	Seasonal + Annual	Family Blueprint
Post Program Support	No	1 Month	2 Months	3 Months	Premium Priority
Ideal For	Beginners	Lifestyle Disorders /Hormonal Issues/ lifestyle reset	Long-term Transformation	High Achievers	Families seeking premium wellness + Wellness Retreat