

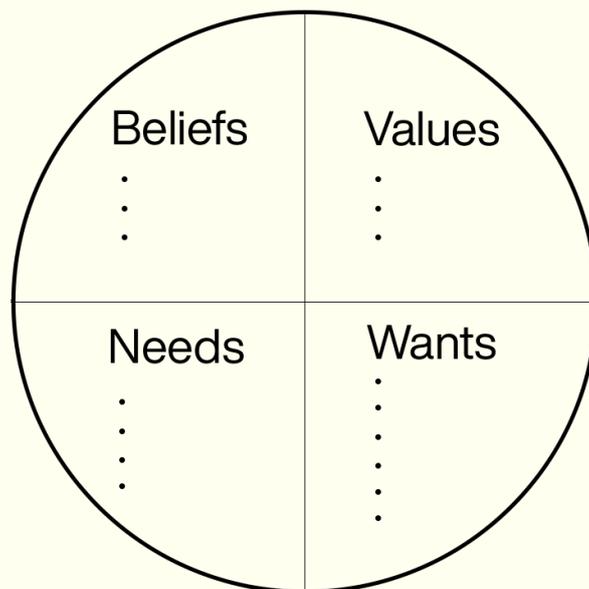
Starter Kit



Fundamental base rules to work on
and use on a daily basis :



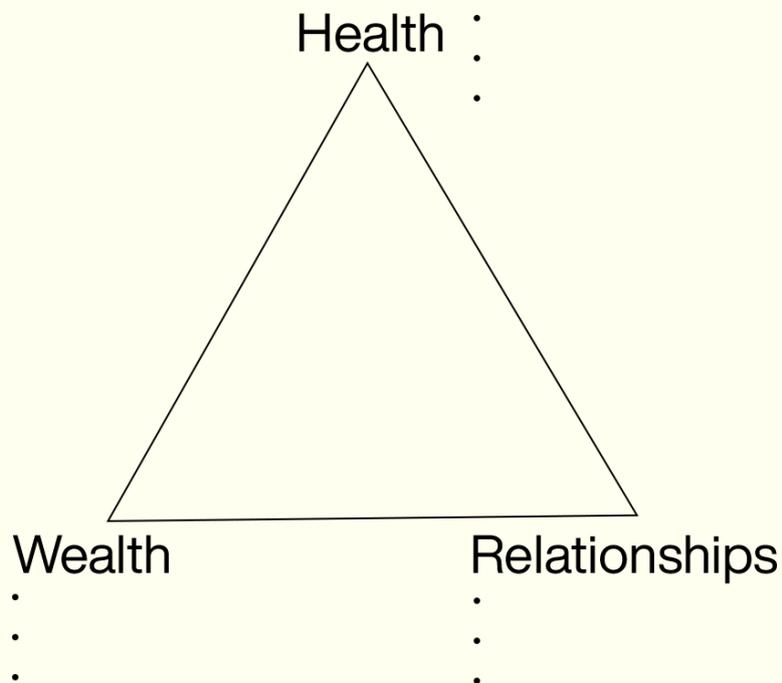
1. Your circle of safety



Your needs, wants, values and beliefs, these form your circle of safety or the Lakshmana Rekha. Your space to come back to when you have indulged in information overload, or stepped out of your circle, and yes we can compare that to a massive hangover.. If you have been there I am sure you can relate to the pain in the body ,the discomfort and the urge to throw up... imagine what pain exists with information overload in the brain and the nerves...and nerves affect the heart...(more on this when we video chat).So once you are clear with your circle of safety, you will move with laser focus, your life will simplify, u will be in a meditative state, and you will know exactly what is good for you and what is not and what decisions to make.



2. The Triad of balance



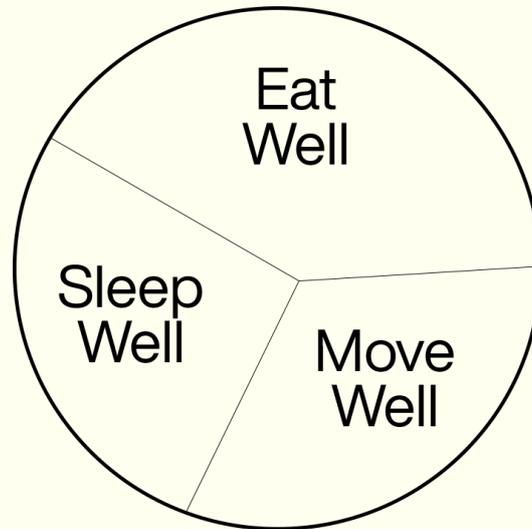
The triad of balance is the big three : Health Wealth and Relationships . Once you align with the simple thought processes you will be ready to assess and prepare your triad of balance. Being healthy requires balance, the triad of of balance is what will assist you: Here there is no compromise, but yes beyond this, one can modify and personalise what balance means... by not giving you too many options and making the triad of balance your base, it will effectively make it easier for it to be more sustainable.... Just like a laser beam, focused on the end goal, but aware of the direction of the pointing.

What does each one include ?

- Health includes physical, mental, emotional and spiritual...
- Wealth includes wealth of knowledge, wealth of health, wealth of money...
- Relationships includes to yourself, your loved ones, your community, and everything that you own, u interact with...



3. The wellness circle



1. Eat well
2. Move well
3. Sleep well

We go into further details at a later day and time during our 21 day coaching, but to give you a gist, let's look at

1. Eat well -

- Eat with intention
- Eat slowly and mindfully
- Chew properly
- Eat a balanced portion size-chewed portion of both palms put together
- Eat on time
- Eat fresh food ,fruits, vegetables and if you eating non veg (anything that is not vegetarian) make sure it's from a non suffering source otherwise you are simply eating the suffering and disease from the animal.

2. Move well -

- Move daily
- Move in seven positions of the spine
- Move three hours a day for optimum performance..90 mins am and 90 mins pm (but if you cant get that, then 1 min is better than zero)
- Move with love and harmony

3. Sleep well -

- Sleep with a clean slate
- Practice pranayama before sleep (Humming breath)
- Thank and end day with gratitude
- Sleep by 9.30 pm, latest by 11.00pm.
- Eat last morsel by 7 pm (for optimal health, but 9.30 pm is the latest for any morsel intake)

So once you start to follow the wellness circle, a part of which is meditation* (which basically means understanding yourself) you will start coming into a state of health, once you are in a state of Health you will move into a state of happiness and then you will start to tune into the frequency that will give you the answers you are looking for...Personalised to suit you... We look forward to continuing this heart to heart connection through discussion, debates and self expression, leading to a collective consciousness that serves us.. Feel free to chat with me.



FAQ



How do we know how to create our triad of balance?

Great question, because only you know what is best for you and how your triad works with your Values, Beliefs, needs and wants, and for you to be able to get it right, we recommend less lectures and more practice, simply put, follow some base rules, we call it our wellness circle = Eat well, move well, sleep well.

REMEMBER: Too many choices= too many thoughts = Confusion, but once you create your wellness circle and triad of balance, you know you have your safe space to return to whenever you feel overwhelmed.



What tools do you offer people? As in there is so much information out there so what separates you from the information out there?

The tools offered are simple, realistic, scientific - both traditional and modern science. Tried and tested by us on ourselves and approved by our patients and clients over the past 20 years.

Simply put there is a lot of information out there and most of the information is not only conflicting but it's not personalised, and information by itself is not useful if not implemented at the right time for the right person, this is where the teacher comes in, and guides the student towards a personalised program.

So what we have to offer is not information, rather tools to unlock your potential so you may be in tune with the frequency best suited to you. We pride ourselves in curating the environment to suit you, hence we have bodyguru retreats in your country with a local host, highlighting the power of community and localisation.



In regard to Community, how do we include them if they are not conducive to the frequency we want to be in?

Well this is the challenge, we humans are social beings so being around is important, both so we feel we can contribute and take contribution when we need, but yes the frequency is very important, and this is where our retreats and workshops assist, as we create an environment of health and happy frequency, we do this by doing Yoga, Meditation, movement, posture and alignment techniques, Group discussions and simple strategies to include into our daily lives, whether its corporation or an individual, we personalise strategies and create spaces that people can take back and tune into that frequency at the time of their need. It's like taking the retreat back with you.



And collective consciousness ?

You become what you think, act and feel...one thinks based on what they are surrounded by, sometimes called peer pressure, we refer to it as collective consciousness, unfortunately we are surrounded by a different frequency, a frequency not suited to our optimum beings, but if we are able to create a consciousness of health and happiness, we connect with consciousness of that frequency. So when you participate in a program with us (seminars, workshops or retreats), we create triggers or point of references, in our meditations and visualisations, to the frequency that then allows you to tune in daily at their work. And to stay in that frequency we offer weekly or fortnightly online or offline sessions to let you stay in that frequency.

We have some more information for you that you can take back with you in your post retreat pack, a series of life coaching tips to enhance your being.

You can maybe create an alter or a special space in your current environment, and maybe call it bodygurretretas or my special space for my body, or the space to master my body...then visualise yourself sitting in that space and feel the emotion of the space, you and the energy and frequency...

Remember to keep with you what is important for now, and leave the rest for later, be patient and give yourself love in the process, sometimes losing now is ok if you are going to win later...but don't kill yourself as it's a marathon we run, not a sprint...

Being successful in life requires smart and hard work, but it also requires keeping things simple, logical and systematic with a consistent delivery. To be able to do this one must be in good Health which in turn offers happiness which in turn offers wealth generation which leads to fulfilling relationships, not necessarily in this order, but you get what I am sharing.



[Life coaching and how to simplify life -
Audio with Magus](#)

[Link - Click Here](#)



[Meditation Relaxed state of being](#)

[Link - Click Here](#)



Video 1 of yoga

Link - Click Here



Video 2 of yoga

Link - Click Here



“A clean slate - finding your purpose”

Prameet offers a program specially designed to assist you in finding your purpose, if you need further direction.

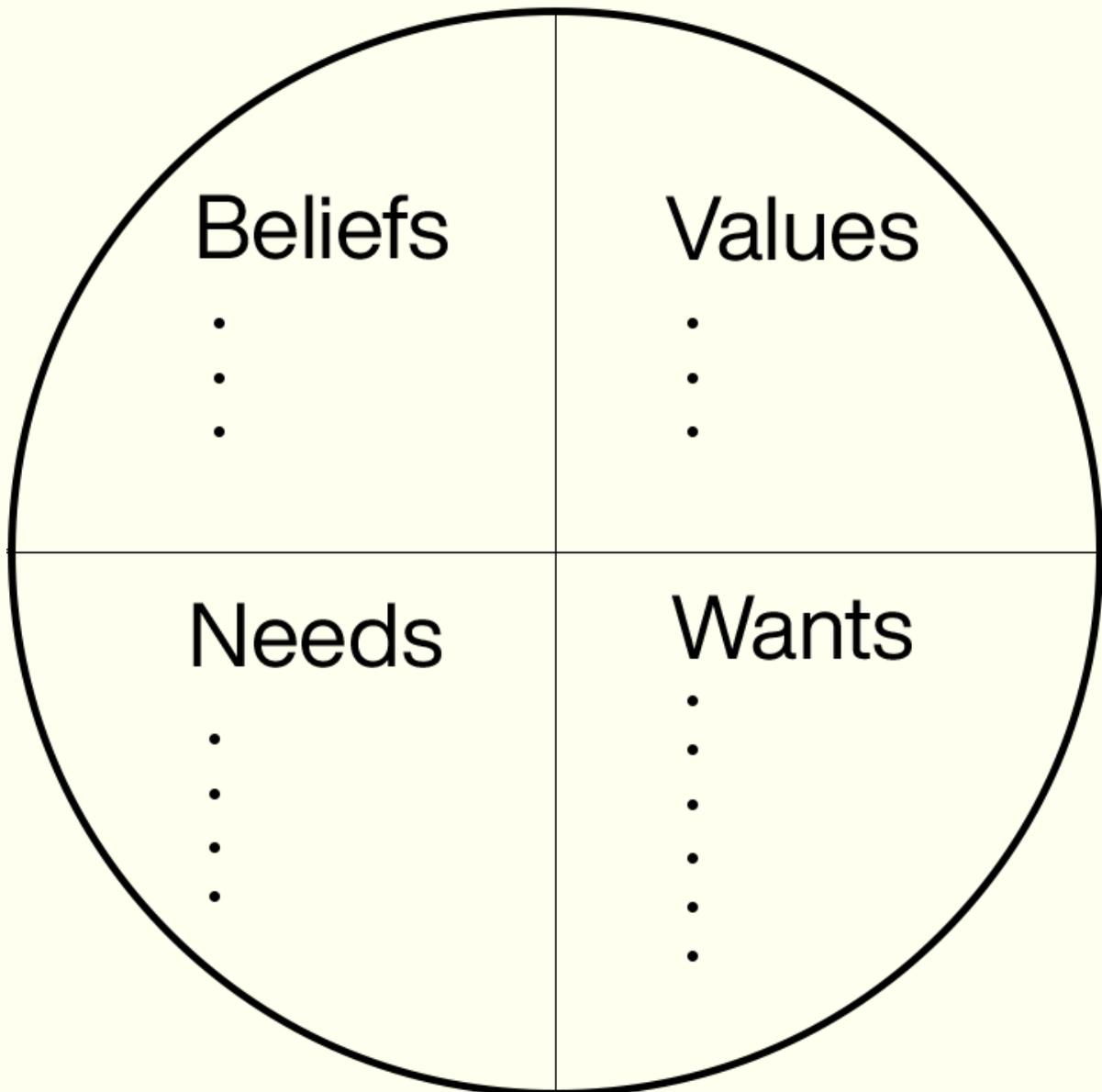
To learn more about “A clean slate - finding your purpose 21 day Program”

Log on to www.bodygururetreats.questo.co or please contact Prameet on hello@prameetkotak.com



Resources

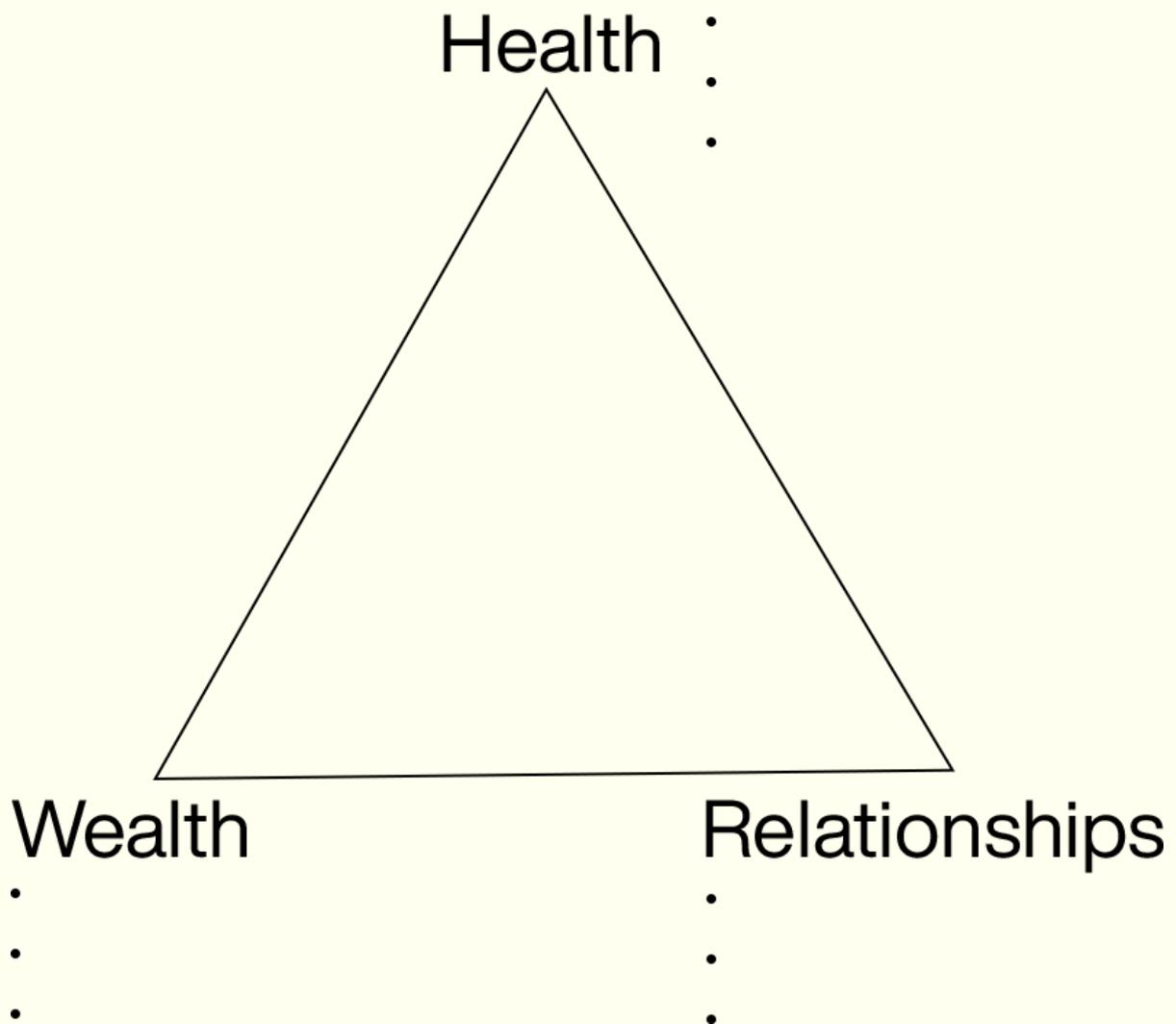
The Circle of Safety





Resources

The Triad of Balance





Resources

The Wellness Circle





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