

Noorayn Integrative Optometry presents

One-Month Holistic Healing Program: Noor Life Reset

Bringing light to your mind, body and soul

What This Program Offers

- **Personalized Nutrition Counseling**
Heal from within with diet plans tailored to your body and lifestyle.
- **Stress Management Techniques**
Breathwork, meditation, journaling & mindful living practices to soothe your nervous system.
- **Weight Management Guidance**
Sustainable techniques to help your body find balance, naturally.
- **Simple, Healing Recipes**
Weekly meal ideas and easy-to-follow recipes using local, nourishing ingredients.
- **Daily Wellness Tips**
Small, powerful actions to shift your energy and mindset each day.

You'll Receive

- ✓ Weekly 1:1 consultations (online)
- ✓ Customized nutrition & wellness plans
- ✓ Healing recipes (for energy, gut health, & metabolism)
- ✓ Weight & inch tracking with coaching
- ✓ Stress-releasing rituals & journaling prompts
- ✓ Access to exclusive healing community group

Program Details

Start Date: Anytime you join – begin your journey when you're ready

Mode: 100% Online (Flexible & Accessible)

Fee: ₹3500 only

Led by Dr. Shajer

Founder of Noorayn Integrative Optometry

Holistic health expert, PhD in Optometry, wellness educator, & lifestyle coach.

Ready to Heal Naturally?

Limited Slots Available – Join Now!

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“Let food be your medicine, stillness your strength, and awareness your light.”

Join this soulful journey to a healthier, more radiant you.