

21days to start a habit

21DAYS 21MINS

BREATH &

energy Transference



PRAMEET » KOTAK

Wellness Coach

bodyguru
retreats

21DAYS 21MINS

DIGITAL

Live | Recorded

21mins@ 21days
same time
same channel

HYBRID

21days
18 Digital sessions@
21mins
3 F2F sessions (1/week)@
21mins

PRAMEET >>>

KOTAK >>>
Wellness Coach

F2F

21mins@ 21days
same time
same location

BUY A BLOCK

Digital | F2F

3 sessions@21 mins complete in 3
weeks

6 sessions@21 mins complete in 3
weeks

21 sessions@ 21mins Complete in
13 weeks

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2 Testimonies 1

Energising,
refreshing and
efficient! The
21mins
Is my cardio!

-AD

Improved my
focus,
performance
and
relationship!

-Shama

My cardio has improved,
my recovery is better,
sleep better and feel
younger!

-Phil

The most convenient
package I have
experienced. Its even car
friendly!

-Dhyaan

Book your trial session



+91 9223437166

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2 Testimonies 2

My tremors in my palms reduced/ vanished after 21 days! My golf game is getting better! -Kaps

After my first session, my peers complimented my skin -P

My thoracic area seems more mobile and my breath has improved! -Tanvee

I realised doing it 2/week was a good idea too! And it actually worked! -Adam

Book your trial session



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FAQ'S

21 DAYS 21 MINS

BREATH &

energy Transference

What is the program?

Breath and energy transference are two programs put together to give you more value for your time. Choose between the am #**PlaceboBreath** or the #**pmkriya Or ask for a personalised program.** The energy transference is transmitted by me as I initiate my shambhavi healing.



FAQ'S

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Benefits?

- Improved lung capacity
 - Rest and repair
- Mimic exercise breathing
- Manifest your intentions
 - Improved energy and efficient mindset
 - Balances the the four feel-good hormones:
dopamine, serotonin, endorphins, and oxytocin
 - Brain - heart - spirit cohesion
- Parasympathetic healing system - Rest and recovery
 - Frequency of health and happiness

FAQ'S

21DAYS 21MINS

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Why should a person do this?

It takes 21 days to start a habit, so this program will give you the momentum to get your **breathing** and **energy transference** journey started.

Breathing allows one to **manage emotions, improve stress management, improve face muscles, feeling of euphoria**... we will run out of space to keep writing the benefits, so it's best you experience it and **book** in for your **trial session**.

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FAQ'S

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How is it different from other breathing programs?

I have developed this program especially to suit the ever growing demand for “value for time”.
I have integrated and packaged years of experience for you in just 21 mins, offering you the “oomph” required.

How do I participate / enrol.

You can choose to enrol for three classes(1/week) or six classes(2/week) or 21 classes(daily). The details are provided in the brochure.

21DAYS 21MINS

DIGITAL

Live | Recorded
Small groups

21mins@ 21days

same time same channel

Rs11,000/pp-

(upto 4 people)

+ person Rs 5,000/-

Personal 1-1 Rs 44,000/-

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21DAYS 21MINS

F2F

Small groups

30mins@ 21days

same time same location

Rs21,000/-pp

(upto 4 people)

+ person Rs10,000/-

Personal 1-1 Rs 84,000/-

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21DAYS 21MINS

HYBRID

Small groups

Hybrid 21days

18 Digital sessions@ 21mins

3 F2F sessions (1/week)@ 21mins

Rs18,000/-

(upto 4 people)

+person Rs8,000/-

Personal 1-1 Rs 72,000/-

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21 SESSIONS

BUY A BLOCK

One-on-One Digital

3 sessions@21 mins complete in 3 weeks Rs 1,500/-

TRIAL

6 sessions@21 mins complete in 3 weeks Rs 3,000/-

TRIAL

21 Digital sessions@ 21mins Complete in 13 weeks Rs 21,000/-

Choose your times, days to suit your convenience
Empower yourself for self study

PRAMEET



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Wellness Coach

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energy Transference



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