

# 7TH NAVRATRI FASTING PROGRAM OCT 3-11 2024 (ONLINE)

## NATURAL LIFESTYLE (CHARITABLE ORG)

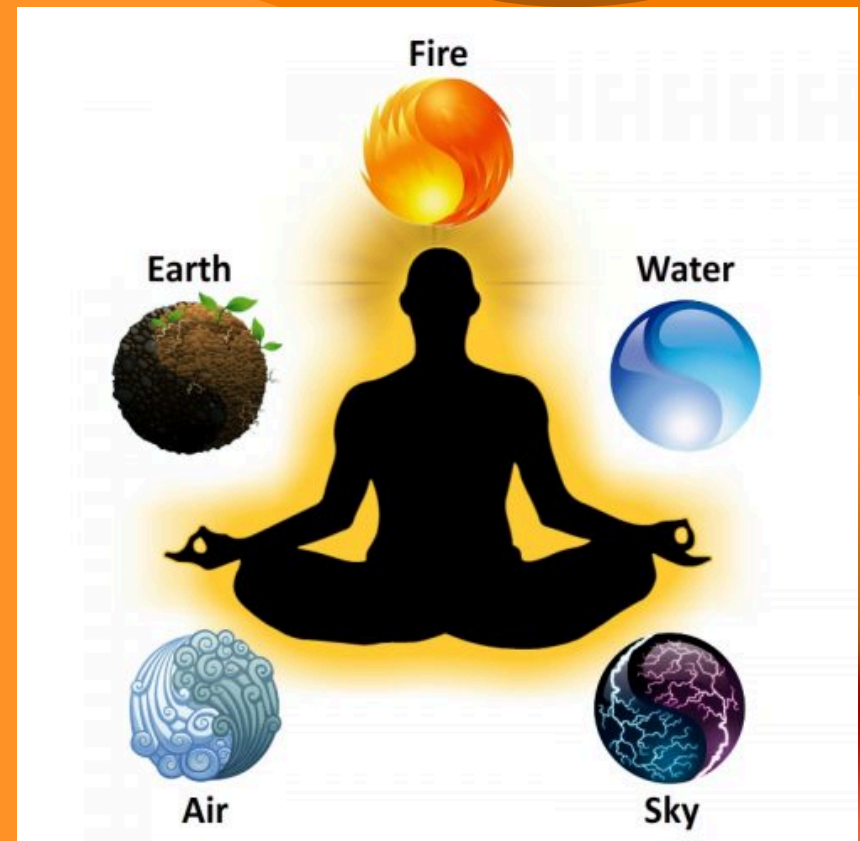
**Go Medicine  
Free**



**Detox**



**Balance  
Panchaboothas**



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## NATURAL LIFESTYLE (CHARITABLE ORG)

Learn the science of Natural Lifestyle  
Experience the right way to do Fasting  
Drastically improve your health in 9 days  
Learn to lead Medicine free life  
Build mental strength

Thousands of Health seekers have got benefitted  
This program is a Noble initiative and there is no fees

This program is conducted under the guidance of  
Acharya Mohan Gupta ji and Pooja Bansal ji by Natural Lifestyle, Dharma Seva



**Health Guru**  
**Acharya Mohan Gupta**



**Foremost Disciple**  
**Ms. Pooja Bansal**

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## NATURAL LIFESTYLE (CHARITABLE ORG)

- Registration process:
  - Register by filling the Google form:
  - <https://forms.gle/1Vy9v3rpseKv5psE6>
- Prerequisites:
  - Participants shall mandatorily attend 'Take off' Webinar in Hindi/Telugu
    - They can expect to learn about Natural lifestyle basics
    - How to do NLS Navratri Fasting
  - Hindi webinar: 28 Sep 2024 7-9pm India time
    - Zoom link: <https://us06web.zoom.us/j/82630056775?pwd=BGMqMkABMT0Ls6gnzjas99SYrYZofJ.1>
    - Youtube link: <https://youtube.com/live/MpswHlt-QnA?feature=share>
  - Telugu webinar: 29 Sep 2024 7-9pm India time
    - Zoom link: <https://us06web.zoom.us/j/82630056775?pwd=BGMqMkABMT0Ls6gnzjas99SYrYZofJ.1>
    - Youtube link: <https://youtube.com/live/kS91urBgZVo?feature=share>
  - A screen shot of attendance may be posted to 9091000191.
- After this, participants will be added to 'NLS Navratri Oct 2024 Fasting' group. Any queries regarding registration, pl contact Mr.Sunil/Mr.Naveen on 9091000191.
- NLS Enema and Patti kit is mandatory for good results and may be purchased from Amazon / Naturallifestyle.in