

We are **Amreeta & Swathi**,  
from India based in the  
Middle East.

We are **Wellness Coaches**,  
homemakers and ex-  
corporates. Helping people  
prioritize **self care and**  
**sustainable habit change** is a  
passion that we both share.

SOMA

It's about You.

Your path to wellness is waiting.

## THE SOMA COACHES

Get closer to the **best version of yourself**  
through Ayurveda and Modern Wellness.



**Amreeta**

Ayurvedic Wellness Coach



**Swathi**

Health & Wellness Coach

**We offer-**

**Wellness Workshops  
Group & 1:1 Coaching**

 [somaforwellness](#)

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 [www.somawellness.com](http://www.somawellness.com)



## WELLNESS WORKSHOPS

We focus on the **key pillars of life** -  
EAT, SLEEP, MOVE, BREATHE, SMILE.

You'll be immersed in **practical knowledge**  
based on an integrative approach of Modern  
Wellness & Ayurveda.

### OUR FOCUS



“  
Happiness  
inspires  
productivity.  
”

#### Online or In Person Workshops.

We cover a range of topics including -

- Holistic wellbeing through **Modern Wellness & Ayurveda**
- **Stress Management**
- **Mental Health & Wellbeing**
- **Mindful Eating**
- Improving **Sleep Quality**



**Customized workshops** as per your organization's  
requirements.

Gain insights on navigating wellbeing in our current  
world with guided **self care practices to  
incorporate into your daily routines.**