



# THE AYURVEDIC GLP-1 PROGRAM

A SUSTAINABLE, WHOLE-BODY APPROACH TO WEIGHT LOSS,  
STRENGTH, AND METABOLIC HEALTH.

## WHY THIS PROGRAM EXISTS

### FOR EVERYONE:

ESTABLISH ESSENTIAL  
HEALTH, WELLNESS,  
AND LIFESTYLE HABITS  
WHETHER  
CONSIDERING, USING,  
OR TRANSITIONING OFF  
GLP-1S.

### FOR THOSE WHO DO NOT WANT GLP-1S:

A NATURAL, EFFECTIVE  
ALTERNATIVE THAT  
SUPPORTS WEIGHT  
LOSS WITHOUT  
MEDICATION.

### FOR THOSE TAKING GLP-1S:

BUILD STRENGTH,  
REDUCE INFLAMMATION,  
AND BOOST METABOLISM  
DURING USE OR  
TRANSITION.

### FOR THOSE COMING OFF GLP-1S:

A LIFELONG  
FRAMEWORK TO  
PRESERVE MUSCLE,  
REGULATE METABOLISM,  
AND MAINTAIN RESULTS.

## THE 5 PILLARS OF THE PROGRAM

### PHYSICAL:

STRENGTH  
TRAINING,  
MINIMAL CARDIO,  
FUNCTIONAL  
FITNESS.

### ENERGETIC:

VATA-PACIFYING  
DIET, UPAYOGA.

### MENTAL- EMOTIONAL:

FOOD JOURNALING,  
COACH CHECK-INS.

### INTUITIVE:

DINACHARYA -  
DAILY ROUTINE.

### SPIRITUAL:

MEDITATION +  
PRANAYAMA.

# HOW IT WORKS

- STEP ONE:** TAKE OUR CONSTITUTION QUIZ AVAILABLE ON OUR WEBSITE.
- STEP TWO:** DOWNLOAD THE WOMAN WARRIOR ACADEMY APP.
- STEP THREE:** PICK WEIGHT LEVEL AND PROGRAM COMMITMENT LEVEL.
- STEP FOUR:** GAIN APP ACCESS TO YOUR PROGRAM BASED ON STEP 3.
- STEP FIVE:** RECEIVE YOUR STRENGTH, NUTRITION, AND SUPPLEMENTATION PLAN.
- STEP SIX:** CONNECT WITH YOUR COACH FOR MORE DETAILS ABOUT A BODY SCAN, PROGRAM DETAILS AND COACH CHECK-INS.



## PROGRAM LEVELS

LEVEL	DETAILS	DURATION	INVESTMENT
100+ LBS	CLIENT HAS MINIMAL MOVEMENT AND IS NEW TO EXERCISE.	12 MONTHS	\$55/MO (\$660/YR)
50-100 LBS	CLIENT HAS MODERATE MOVEMENT AND IS SOMEWHAT FAMILIAR WITH EXERCISE.	9 MONTHS	\$65/MO (\$585/TOTAL)
UNDER 50 LBS	CLIENT HAS EXPERIENCE WITH MOVEMENT AND EXERCISE.	6 MONTHS	\$75/MO (\$450/TOTAL)

## SUPPLEMENTATION SUPPORT

ASHWAGANDHA · BERBERINE  
TRIPHALA · TURMERIC  
CREATINE · RESVERATROL

## FOUNDATIONAL FOODS

OLIVE OIL · AVOCADO · EGGS  
SOLUBLE FIBER · HIGH-FIBER  
GRAINS · NUTS & SEEDS · CCF TEA  
CINNAMON · GARCINIA