

## **Mudita's Mission**

To empower seniors to lead fulfilling lives by fostering physical, mental, and emotional well-being.

# Enhancing Senior Wellness

### Sharing & Experiencing Joy. A HOLISTIC WAY OF LIFE

A concept **of "Sharing & Experiencing Joy"** with our seniors who may struggle with feelings of loneliness, isolation or need therapeutic alternatives for anxiety, depression, dementia and stress. Mudita gives them the opportunity to exercise their social skills and make new friends in a relaxing, casual setting. So lets come together to make aging a blissful experience...











Colden Age Renewal Unlocking Joy, Vitality, and Connection in Your Golden Years

Experience a rejuvenating journey designed exclusively for seniors aged 70+. Our "Golden Age Renewal" wellness retreat is carefully curated to enhance your physical, mental, and emotional wellbeing while fostering a sense of community and exploration. Adding meanings to your meanifull golden years...

- Holistic Health Workshops
- Mindfulness and Stress Reduction Techniques
- **Centle Yoga and Mobility Exercises**
- **Art and creative expression classes**
- **Music and dance evenings for shared enjoyment**

A transformative journey towards vibrant wellbeing and golden age renewal. Embracing the Future of Well-Being: With Innovation for Holistic Health and Aging

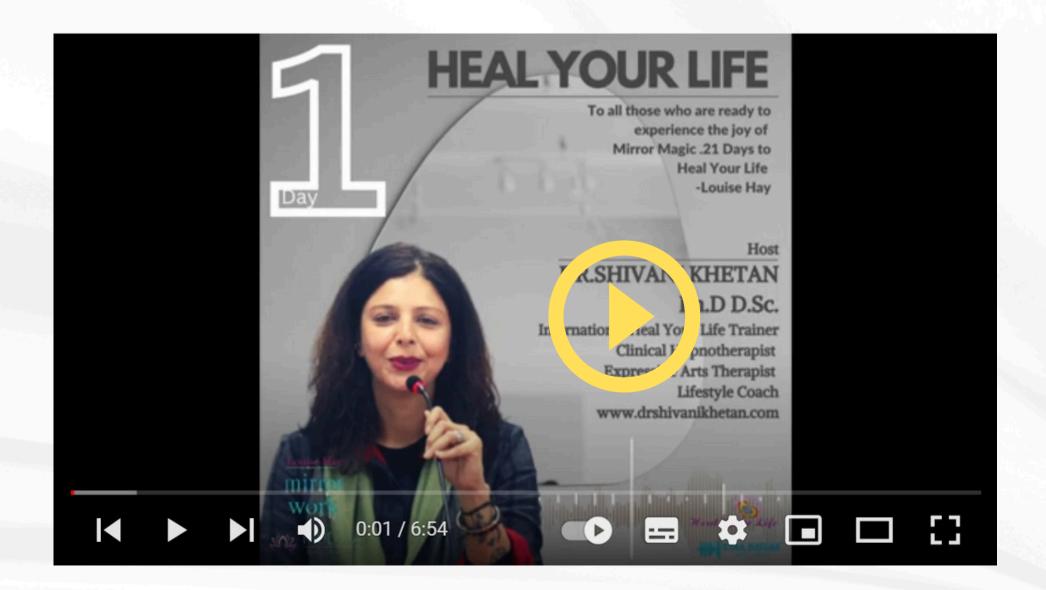


## "I AM WORTH IT"

### **BUILDING CONFIDENCE AND SELF-ESTEEM**

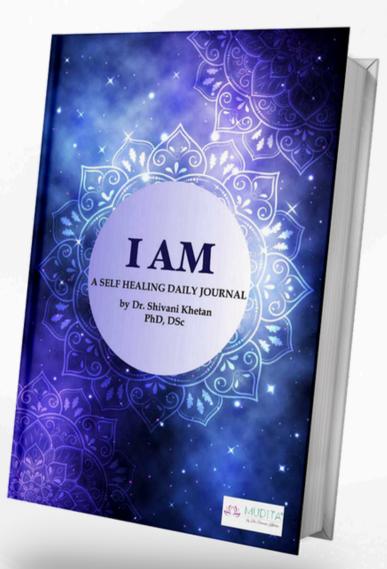
In a world that often makes us doubt ourselves, it is essential to recognize and embrace our worth.

**Empower Your Journey:** Embrace Confidence, Shape Destiny.





Nurturing Growth: **Empower Your Journey** with 'I am worth it'.





# About Dr. Shivani Khetan

CLINICAL HYPNOTHERAPIST | MENTAL WELLNESS COACH | SPEAKER

Integrative Clinical and Medical Hypnotherapy

**Dr. Shivani Khetan, a Clinical Hypnotherapist, Mental Wellness Coach, and Speaker** with a passion for empowering individuals to overcome challenges and achieve holistic well-being. With over 7 years of experience and a track record of working with more than 500 clients, I specialize in areas such as fertility issues, rewiring limiting beliefs, and overcoming mental blockages.

My journey began with extensive training at Fortis Hospital's Behavioral Department, where I honed my skills in art-based therapy, helping over 300 clients ranging from corporate CEOs, diplomats, business personnel, executives, students, teachers and many more to resolve their mental and emotional issues. I blend evidence-based techniques with a compassionate approach to facilitate profound transformations.

LISTEN TO MINDFUL PAUSE WITH DR. SHIVANI KHETAN





### We are open to individuals and organizations with a desire to:

- **\*** Restore wellbeing
- ★ Fulfill one's potential
- ★ Explore personal growth
- **\*** Realize one's calling
- ★ Move towards self-actualization

Each program uses a multimodal approach to work at diverse levels and layers. Every workshop is experiential and life-changing, enabling participants to identify blocks and effectively release them so that they can organically progress to a state of harmony within.

3 HOURS WORKSHOPS	ONE DAY WORKSHOPS	<b>3 DAYS RETREAT WORK</b>
TEAM EMPOWERMENT	THE COSMIC KITCHEN	HEALING & PROSPER
		-



KSHOPS

RITY



## Come and share your stories & let's create your new narrative with Mudita...

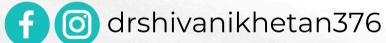






www.drshivanikhetan.com

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## International Medical and Dental Hypnotherapy Association®

Dedicated to Heating: Body, Mind and Spirit

Shivani Khetan, CHt

Has been found by the Board of Examiners to Possess the Educational and Training Qualifications required by the Association, and is hereby authorized the professional title of

Certified Hypnotherapist

Registration number: 0820-020875 With all applicable rights, privileges and responsibilitie Valid through: August, 2021 The inscription of the CEO is hereunto affixed in Eaceyville, Penn.

August 2020-21



Certificate of Membership





### INTERNATIONAL DANCE COUNCIL CONSEIL INTERNATIONAL DE LA DANSE

13/03/2020

I hereby confirm renewal of membership to the International Dance Council CID for the year 2020 of Ms. Shivani Khetan

Members are entitled to:

use Member of the International Dance Council CID after their name on their stationery, visiting card, school entrance, brochures, website

- offer International Certification of Dance Studies to their students
- nominate other persons or institutions for membership

- take part in the CID General Assembly, World Congresses and other CID