

*Expressive Arts
Therapy*

*Bach Flower
Remedies*

*A Happy Day
Out Program*

*Drum Circles
for Seniors*

*Tai Chi with
Sound Healing*

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 let's come together to make aging a blissful experience...



MUDITA®
By Dr Shivani Khelan



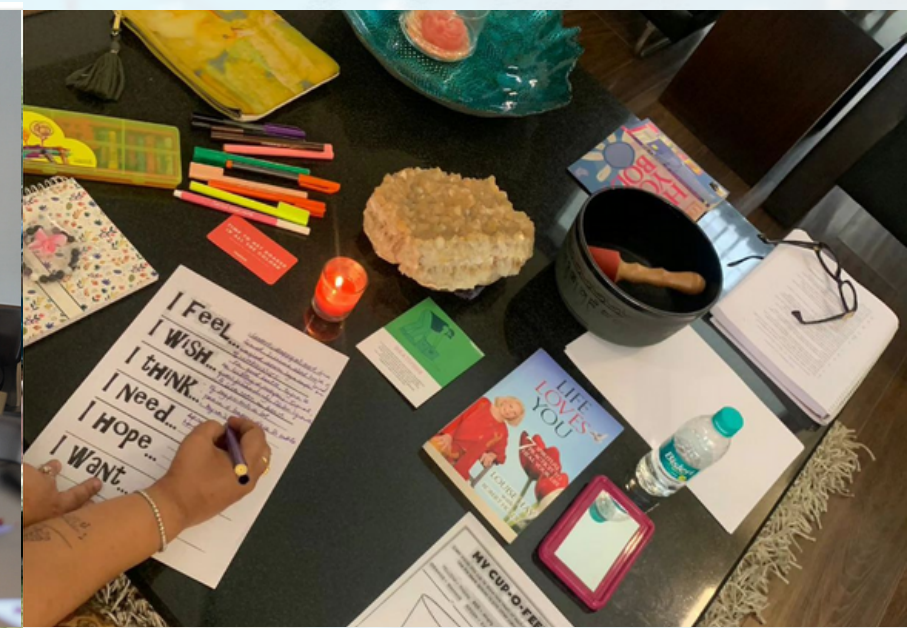
Golden Age Renewal

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
- ★ Gentle 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



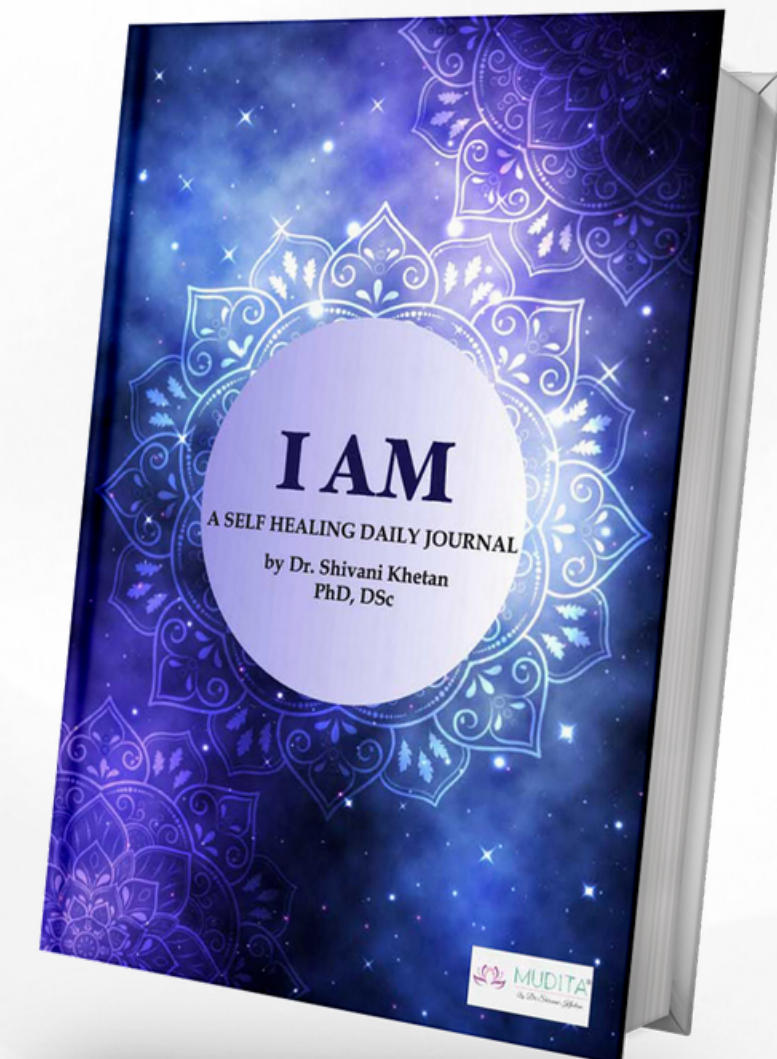
"I AM WORTH IT"

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'.*



[BUY ON AMAZON](#)

ABOUT DR. SHIVANI KHETAN

CLINICAL HYPNOTHERAPIST | MENTAL WELLNESS COACH | SPEAKER

Complimentary & Alternative Medicine

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](#)





Heal Your Life® WORKSHOP

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

3 DAYS RETREAT WORKSHOPS

TEAM EMPOWERMENT

THE COSMIC KITCHEN

HEALING & PROSPERITY





MUDITA®

By Dr Shivani Khetan

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



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**Experiencing Joy...Sharing Joy...
You Are Not Alone....**

