

Heartful Living since 2015

Holistic Cardio-Metabolic health through Self Inquiry

Body	<ul style="list-style-type: none"> • Living Hungry education • Eating right tools • Natural Ketosis
Mind	<ul style="list-style-type: none"> • 80:20 reality • Flow- Sports/ Exercises • Ikigai
Si	<ul style="list-style-type: none"> • HUGEx experience • Silence, Compassion • 0% effort

2021 Jan-Feb ZOOM series
Mondays 9-11am CST (8.30pm India)

Offered at no cost to all Registrants at
<https://cvent.me/8715vG>

Link & updates at
www.HiLifeJourney.org

Avoid Heart Attack
 5-20% Weight Loss
 DIET to reverse Aging
 Reduce MEDICATIONS
 RESILIENCE
 Novel EXERCISES



Osher@Mizzou

January 25 th , 2021	Who am I? Ancient Siddha Yoga and the latest Positive Psychology tools for HiLife's SMILE & effortless Holistic wellness
February 1 st , 2021	Am I Eating right? Exploring the role of various diets, nutrition, HUGEx, intermittent fasting and calorie restriction in Heart Health
February 8 th , 2021	Am I Exercising enough? Understanding our body, its potential, EASE and experimenting safely towards healthy Aging
February 15 th , 2021	Am I Happy today? Scope of sleep, active relaxation, mindfulness, Flow, ACE-70 and Ikigai in finding Life's meaning & Heartful Living @ the source



by Anand Chockalingam, MD Cardiologist