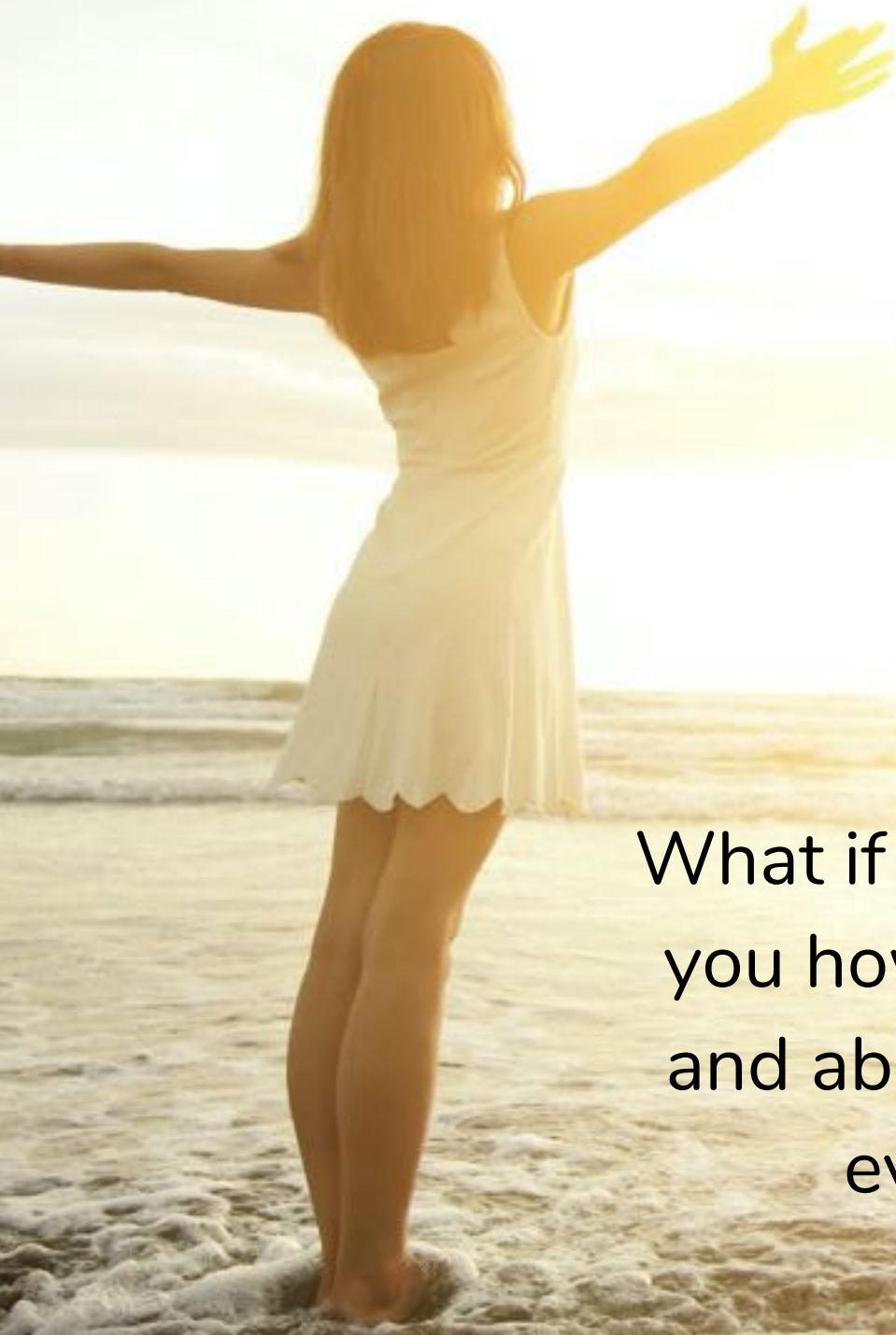


Rise and Shine

Everyday

What if we could teach
you how to create joy
and abundant energy
every day?



Our Mission

WE COULD SHOW
YOU HOW TO BECOME
STRONGER AND MORE
FLEXIBLE

Is to create **STRUCTURE, RHYTHM** and **RITUAL** to bring health, wellbeing and abundant joy to all the busy wonder women out there

INSPIRE them to know themselves through consistent, daily practice.

ENCOURAGE them to release the stories that are holding them back.

And **EMPOWER** them to create fresh experiences and zest for life.

The W H O on Burn-out:

Burn-out is a syndrome conceptualised as resulting from chronic workplace stress that has not been successfully managed. It is characterised by three dimensions:

- feelings of energy depletion or exhaustion;
- increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- reduced professional efficacy

The practices we offer have been used for 1000 of years, and scientifically proven in modern times to dispel the effects of stress and strain in our daily lives. Together with consistency and a willingness to make change I know you can create joy and energy in your life.

What do you have to loose?

Be more present in your life



Reduce your Stress

Increase your Wellbeing

Hi
I'm Madhu,
Yoga and Wellness Educator and Wellbeing P T
at Yoga for the People

I help busy women to avoid burnout, confusion
and overwhelm by creating a joyous, purposeful
and energised start to their day.



Rise and Shine Revolution

Wellbeing bootcamp
28 days of daily practice

*Health and wellness are required for
this practice

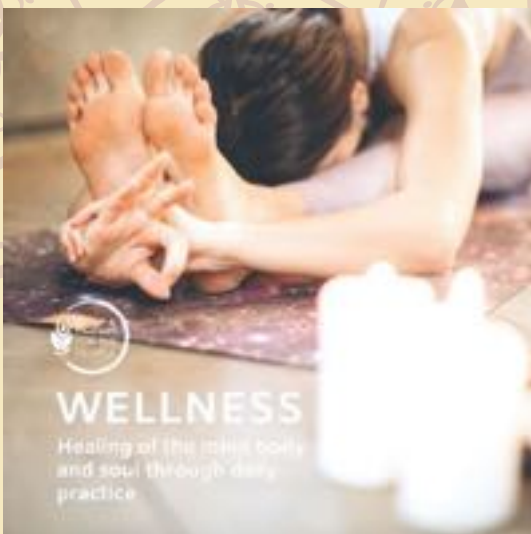
Begin

6 Weekly 45 minute classes live
online with Madhu to get you started



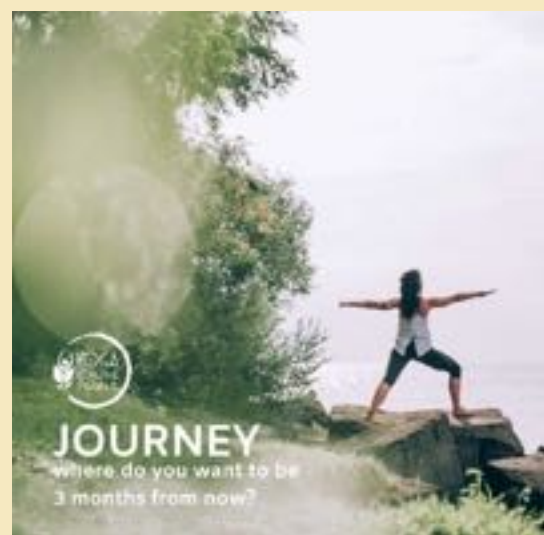
Wellness

A private consultation with Madhu and a
customised video with your daily practice
made specifically to meet your needs



Journey

3 months of Transformational life
coaching with Madhu



Rise and Shine Studio

Live online

6-7am

Journaling Yoga Discussion

With Madhu



Testimonials

Thank you Madhu! I've had a lot on over the past week but have managed to get to the mat every day, sometimes later than usual but I feel so inspired to find time for this. And my intention is coming to fruition also. I thank you for helping me find consistency and direction in my life

Bec C has been with us since January 2021

Congratulations Madhu Be Puri
You have been nominated as an
extraordinary woman by Sandrine
Erwin-Rose in the Blackmores Mercie
Whellan Women+Wellbeing Awards
2021.

Sandrine has been with us since December 2020

Here are a few Facebook comments we have recieved over the last 18 months

This is awesome!!! Thank you. I've noticed today I don't have the shoulder thing, but I also am much more relaxed and have been doing energy work too. I'm working on clearing and opening my chakras everyday now starting today. This is a great clarification for me that I am doing the right things for my spiritual & psychic development. Thanks again 🙏



During the yoga practice this morning I realized I have never lived such an 'empty' and quiet life before. Immediately I felt I was missing out or doing something wrong. When I stayed with my feelings a bit longer I realized I never want to go back to the busy hectic life I was living before. I'm living a life so much closer to my beliefs now. Thanks ❤️

Testimonials

Stephanie Scott

I started working with Steph when she separated from her husband 2018 We continue to catch up and she has found coaching has reconnected her with her core self and is now taking action to create a life she loves.

Life can become really challenging at times and the metaphorical hole I can find myself falling down can become deeper and harder to climb back out of. I can find my thoughts and worries begin to whirl which then causes anxiety which then becomes physical tightness either in the throat region or chest and then I suffer symptoms of panic and flight and fright and I find I can't focus on simple tasks and I then become a mental and emotional wreck not able to get back to the surface or ground myself.

My meditation and coaching sessions with Madhu online (I live interstate) have helped me to stop, breath, listen acknowledge and work through the issues and feelings that arise as I live day to day or as I navigate new territory (new career path) and deal with old belief patterns that hinder moving forward through life.

With a deeper awareness of myself and ability to acknowledge when detrimental thoughts or feelings occur again through the work I have done with her I have the inner tools to help myself when times call for extra support. Stop, breath and listen and be prepared to do the work, we are responsible for ourselves, no one else can do it for us but with the right guidance and education we can become the best versions of ourselves and contribute as a whole person instead of being broken and fragmented.

Thankyou Madhu for your continued guidance, this ought to be taught in mainstream education as a compulsory part of the curriculum.....

Contact us today

Madhu Puri

Contact@yogaforthepeople.online

0415490352

yogaforthepeople.online



SCAN ME