MY HUMBLE PRANAMS AT THE LOTUS FEET OF BHAGWAN SRI SATHYA SAI BABA
VASTU AAROGYUM™
Abundance of Health & Happiness

Vastu & Wellness

By
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www.vastuaarogyum.com
Fitness, Wellness, Wholeness
What is Wellness?

“Wellness is a state of complete physical, mental, social and Spiritual well-being, and not merely the absence of disease or infirmity.”

– The World Health Organization.
The Multiple Dimensions of WELLNESS

Environmental

Emotional

Financial

Intellectual

Physical

Occupational

Spiritual

Social

Wheel of Wellness

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Physical Wellness

a) Geopathic Stress
b) Earthing
c) Importance of South East
d) East (Sun)
Emotional Wellness

Our Emotions Depends Upon -

a) Finance
   1) North
   2) South West

b) Relations
   1) South East
   2) North East
   3) South West

c) Children
   1) North East

d) Social Status
   1) North west
   2) South East
**Intellectual Wellness**

a) *North Direction*

b) *South West*
Spiritual Wellness

a) North East
b) North & East
c) Brahmasthan
d) Environmental Energy
e) Space Energy
f) Chakras
Conclusion

We agree that Vastu & Wellness go hand-in-hand!
Thank You!

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🎥 vastu arogyum- Dr. Avinash Kulkarni

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I express my love & pray Bhagwan Baba for his blessings...

|| समस्त लोकः सुखिनः भवलु ||