

WORLD DIGESTIVE HEALTH DAY

MAY 29, 2023



*“A healthy gut is the
foundation of a healthy body,
mind and spirit.”*

A vital component of wellbeing, digestive health is a cornerstone of several ancient holistic healing systems. A variety of physical and mental issues can be traced back to poor digestion, and the far-reaching effects of gut health are now being studied by scientists around the world.

At **JOALI BEING**, gut health is crucial to our wellbeing approach. Offerings under the Microbiome Pillar optimise digestion to unlock healing at multiple levels.

On this special day, explore different pathways to better digestion with our experts.

JOALI BEING



Digestive Wellbeing Workshop

Meet us for an interactive learning session focused on promoting gut health. Practice Pranayoga exercises to support gut movement, paired with herbal teas to improve digestion.

12:00 pm to 1:00 pm
LOTUS
USD 90 per person



Gut Health Tea Tasting

Join us for a special tasting, with a focus on teas and tisanes that are beneficial for digestion.

4:00 pm to 5:00 pm
SAI
USD 65 per person (Maximum 6 guests)

*All prices are subject to 10 percent service charge and 16 percent government tax
For more information or reservations, please contact your Jadugar*

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