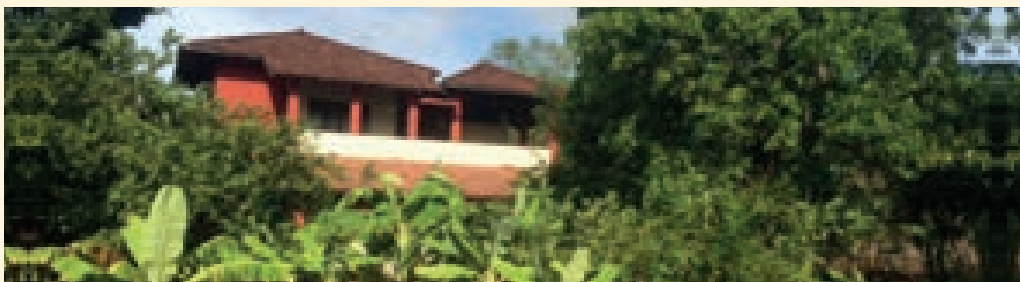




Rujuta Diwekar

› Unique 2-month program ‹

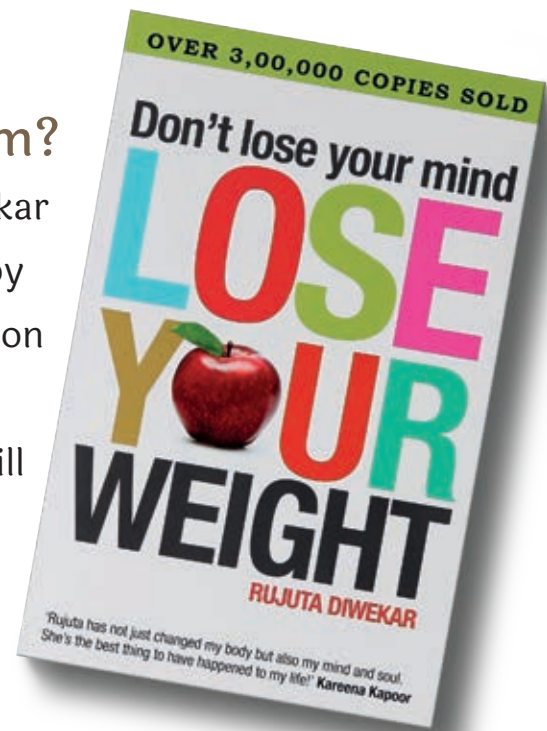
Next date – 30th November 2019
Special focus – Losing fat and keeping it off



"Dont count calories, count the prana."

What is the Unique 2-month program?

It's a 2-month program conducted by Rujuta Diwekar and her team. There is a full day group workshop by Rujuta followed by a 2-month individual consultation with her team nutritionists. The idea is to educate you on the nutrition and exercise strategies that will work best for you based on your lifestyle, current fitness levels and long-term goals.



How does it work for me?

The full day workshop will help you clarify your doubts and ask specific questions in addition to getting all the right information on food and exercise. The 2-month consultation ensures that you stay connected and committed to the learning from the session through regular analysis and feedback of your progress.



Rujuta's farmhouse in Sonave

Barely an hour outside Mumbai, but a world apart, Sonave is a picture perfect tribal village with lush green fields, small bamboo huts and hills in the background. Rujuta has her ancestral farmhouse there and the quiet and peace it makes it the perfect venue for the Unique 2-month program.



The 2-month follow up

You will be assigned a nutritionist from Rujuta Diwekar's team. A 2-month interaction schedule will be finalized based on your convenience with a phone interaction every week wherein your progress will be analyzed and feedback on nutrition and exercise plan will be provided.

Next Unique 2-month program– Starting 30th November, 2019

The special focus this time is on Losing fat and keeping it off. On signing up we ask you to fill up a 3-day diet and activity recall sheet (DAR), which Rujuta and her team will study in detail. This will form an important basis of your 2-month follow up. Since the appointments happen over phone and email, your physical location doesn't matter.

Workshop by Rujuta & team on 30th November: Losing fat and keeping it off

The Lesson plan

9:00 am	Traditional welcome & breakfast followed by informal chat with Rujuta and her family.
9:30 am - 10:30 am	Part 1: Rujuta will be addressing the following myths - <ul style="list-style-type: none">• How will ghee make me thin?• Should I avoid rice at night?• Mango, Sitaphal, Chickoo, Banana are fattening, right?• How about avoiding gluten and dairy?
10.30 am - 10.45 am	Question and Answer Session
10.45 am - 11.00 am	A short break
11.00 am - 12.00 noon	Part 2: Being better informed: <ul style="list-style-type: none">• Interpreting research on food• Eat local and not low-cal• Sustainable food systems for sustainable weight loss
12:00 noon - 12:30 pm	Question and Answer Session
12:30 pm - 1:30 pm	A sit down traditional Maharashtrian lunch served on banana leaves. Learning to eat in silence.
1:30 pm - 2:00 pm	Part 3: Weight loss starts from the kitchen Session by Prof. Rekha Diwekar
2:00 pm - 2:30 pm	Part 4: Strategies: <ul style="list-style-type: none">• D for Dadi, not dietitian and doctor• Planning your daily meals• Weekly exercise calendar• Sleep- the underestimated weight loss aid
2:30 pm - 3:00 pm	Question and Answer Session

The above schedule is subject to change solely based on our discretion

Cost of the Unique 2-month program: Rs. 50,000/-

(The cost includes the 2-month follow up, transportation ex-Khar west and all meals during the workshop).

Note: The number of participants in the Unique 2-month program is limited to 20 to ensure personalized attention to everyone. You will need to make the full payment in advance to confirm your seat.

Payment options:

1. Check seat availability before making payment - [Here](#) [Sign up](#)
2. If you make payment after seats are full, it will be automatically transferred to first available date. Fees is non-refundable.
3. Due to limited availability of seats, only one person from a family can sign up for any given U2P. Also, you can re-sign up for another U2P only after one year.

Demand Draft/ Cheque:

For 'Rujuta Diwekar'
402/3, Ram Krishna Chambers,
Opp. Maple showroom,
Linking Road, Khar West,
Mumbai- 400052

Online transfer/ Direct deposit to:

Beneficiary Name - Rujuta Diwekar
Current Account # - 910020016032277
Bank Name - Axis Bank Ltd.,
IFSC code: UTIB0000415
Branch - Springfields, Lokhandwala, Andheri west

FAQs:

Q: How is the Unique 2-month program different from a 3-month exclusive consultation?

The difference lies in the level of involvement of the nutritionist assigned to you. You fill in the diet and activity recall every week and email it to us, your designated nutritionist provides you feedback on the same and answers any questions you might have.

	Unique 2-month program	3 month exclusive consultation
Meal and Exercise plans	No. Only feedback over phone.	Yes
Mode of interaction	Phone only	Phone, Skype, Facetime or in person
Duration	15 mins/ week	30 mins/ week
Additional support	No	Email or WhatsApp
Cost	₹ 50,000	₹ 1,80,000

Q: Do I need to be in Mumbai to attend the workshop?

A: No. You can be anywhere in the world and join this program since the interactions during the 2-month follow up happen over phone. We have had participants from across the globe who travel to Mumbai for the workshop. In case you are not able to attend, you will get the notes from the workshop.

Q: Can you arrange for my transport?

A: Yes we arrange for your transportation from our office in Khar west. We leave Mumbai at 6:30 am and plan to come back around 7:00 pm.

Q: Can I fly out on the same day?

A: Yes, you can. Book flights post 9:00 pm to be on the safer side. We leave by 4:30 pm from Sonave.

Q: Do we get any notes or manual?

A: Yes, you get a note pad and a pen to take notes and we provide you a file with the summary notes of all that was discussed and is worth remembering from the workshop.

Q: What are the dates for upcoming Unique 2-month program?

A: Next workshop is scheduled for 16th March 2020. Special focus is on: PCOD & Thyroid. To know more visit this link <http://www.rujutadiwekar.com/page.asp?pid=63&punder=23> OR simply scan the QR code (shown below) using your smart phone.



Get in touch:

mitahar.u2p@gmail.com | www.rujutadiwekar.com | +91 8080424276 | +91 22 26059221