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also be grateful, empathetic and give back to society. Not only did I pass my CA exam but also went on to earn many more degrees and a doctorate as well," recalls Shirdul Shah, a Chartered Accountant.

an individual cooperates and abides by the guidelines meted out by the life coach.

REALISE YOUR GOALS

A life coach provides an informed perspective on an individual's problems and helps him or her achieve a better work-life balance. Once the issues are solved, the fears begin to slowly disappear and so do the anxieties. They help develop

LESSONS ON LIFE

Aniket Deshpande, an MNC employee, began introspecting on life after he visited Kailash Manasarovar. He recalls, "I was asking myself about the purpose of life and needed clarity. Then followed the pandemic which led to stress and feelings of loneliness. That is when I approached a life coach who helped me align with my larger pur-

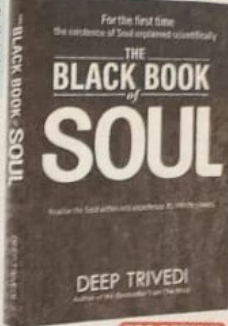
FOR THE FIRST TIME THE EXISTENCE OF SOUL EXPLAINED SCIENTIFICALLY

Since time immemorial, people have always wondered, does the soul really exist? Or is it just a myth, a mere figment of imagination?

Well, this book will put an end to all the questions pertaining to the soul once and for all. For, it will not just prove the existence of the soul in a simple and scientific manner, but will also help you realise the soul within. And once you are able to experience the soul within, then all questions will inevitably cease to exist.

As the soul is an inseparable part of our body, much like our hands and feet, it is imperative to realise the soul within to steer one's life in the right direction. For, the 'soul' is our greatest power centre and the soul alone can help you carve a splendid life. Hence, the very aim of this book is to introduce you to your soul and help you channelise its infinite powers.

AVAILABLE IN ENGLISH, HINDI, MARATHI & GUJARATI AT BOOK STORES & E-COMMERCE SITES Amazon Flipkart Snapdeal Salman stores



TOP REVIEW
I have come across many books on the soul in the past, but all of them were theoretical in nature. This book not only explains the soul, but it also helped me experience it for the first time.
-Amazon*****

How can a life coach help?

By mentoring individuals through various aspects of their life, life coaches can guide and motivate them to achieve their goals and ambitions



"Almost 20 years ago, when passing the CA exam was still a tough undertaking, I felt the need for a mentor who could steer me through these difficult times. Thus, I sought the help of a life coach who made a world of a difference to my life. My coach not only taught me to focus on my goals but

skills, too. Normally, life coaches do have some background in psychology. However, one shouldn't expect instant results. A lot depends on the efforts of a client as well. A life coach could suggest exercises, homework, and more, and following these could show positive results. So, it is important that

step of the way. Acceptance of situations is an important lesson. The most important takeaway has been that life provides various lessons from time to time that we must learn from. There is no doubt that a life coach is of great help." Deshpande also feels that every family should have a coach and that a life coach should be accessible to one and all.

OVERCOMING OBSTACLES

Increasingly, corporates are also turning to life coaching for their employees. The positive shifts are

encouraging for individuals as well as the company. Shyam Iyer, founder of a management consultancy in Mumbai, says, "In my previous company, we hired services of a life coach for better performance of our employees and to unleash their potential. We organised a session for the women employees too

which was very fruitful. It helped them overcome barriers caused by years of conditioning. The session offered tools and techniques on how to achieve the maximum results."

As the pace of life becomes more challenging, consider seeking the guidance of a life coach to achieve your goals.

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A life coach can be described as a person who helps people identify and attain their goals and make progress in their life. Using a certain methodology, a life coach guides and helps clients focus on their ambitions, clears their doubts, and provides mentorship in both, personal and professional spheres of their life. A life coach can assist and bring about positive changes in various aspects, for instance, one's career, relationship, health, etc. Life coaching can be useful for individuals as well as employees of a company. Corporate coaching is motivational and helps to improve group dynamics of a team and enables them to perform better. It can encourage individuals to prioritise their goals, manage stress, improve communication skills, provide mental clarity, and also enhance decision-making skills.

I CERTIFIED TO HELP

A life coach is not to be mistaken for a counsellor or a therapist. The former is usually a certified pro-

fessional armed with the ability and skills to coach you in a proper manner. On the other hand, a therapist may employ a modality like reiki, past life regression, etc., to help you solve your problems. A therapist may help you tackle childhood or other setbacks through therapy that might involve turning one's past to deal with the present. On the contrary, life coaching involves addressing the present concerns so as to prepare you to succeed in the future.

I GUIDING YOU IN THE RIGHT DIRECTION

At some stage in life, a person may reach a point where he is unable to make up his mind and take important decisions. In such a situation, he or she is likely to lose sight of their future goals. One could be confused about one's relationship, career, or even education. The intervention of a life coach could help in self-discovery, provide clarity, and help one take control of their life. An individual could be freed from self-limiting beliefs and accomplish one's aspirations in a structured manner.

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- WORKING OUT REGULARLY HELPS:**
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 - In the effective functioning of the cardiovascular system
 - Reduce stress
 - Improve self-confidence

body. "As simple as ballet may look, it is one of the toughest dance forms and makes for a great cardio workout. This form of exercise requires intermediate levels of balance and control, and uses several muscles of your body to execute the dance form. Performing ballet, or for that matter, any dance form twice a week and for 30 minutes each time can help you



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To keep your workout regimen from getting predictable and boring, introduce some variations through unusual workout routines. Merely changing the location of your workout from the gym to the outdoors can throw up some interesting exercise alternatives. "Try a beach or playground. At a beach workout, the sand and water act as a source of resistance, so you can run or swim in the water," says Supneel Hazare, a fitness consultant. Offbeat exercise regimens don't always involve signing up for a class. We list a few that you can try:

workout, movements are performed against gravity, which itself acts as a type of resistance. Hang a rope from the ceiling and use it as a form of support to do inversions, headstands and downward dog pose. It is an excellent workout to boost muscular strength and flexibility. "Anti-gravity movements are great for your overall well-being. When performing these movements, practitioners use major muscle groups of the body, helping them tone their structure, stabilise blood glucose and prevent excess blood glucose from getting converted into fats. This form of exercise is great for those who want to improve their muscle tone," says Hazare.

continuous workout disciplines—swimming, biking and running—all one after another, in short intervals. This improves the endurance of your body and kills the boredom. "This is essentially an advanced form of exercise and is mostly practised by fitness professionals and athletes to build stamina and resistance. For beginners, it's best to train under the supervision of a certified trainer. Triathlon, when performed correctly, works on all the core muscles of your body," explains Yohan Inamdar, a triathlon enthusiast and a fitness professional.

Ballet: We are quite familiar with the popular dance form of ballet. You can try practising to lift your body on your toes, as it helps to strengthen, as well as shape the

Offbeat ways to ramp up your fitness routine

From triathlon and kickboxing to aerial silk and ballet, here's how to get rid of your workout ennui



using the sled as weight, and eventually add smaller amounts of load as you build your stamina and endurance," shares fitness trainer Dhiren Kapadia.

Kickboxing: This form of exercise, which works wonders for your heart, joints, strength, balance, and coordination, is a combination of fast cardio movements and martial arts.

Research shows that practising kickboxing three a week helps lose fat, build muscle mass and tone your body. And though this is a great alternative to regular exercise forms, Kapadia cautions, "Starting any form of exercise, especially kickboxing, must be a supervised and gradual process. Start with just a 10-minute session. Kickboxing requires great cardio strength and can be extremely tiring. Hence, we suggest that you build your stamina over time."

So, if you've been skipping your workout routine due to boredom, it's time to borrow some of these fabulous moves and get back into shape!

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