



EFFORTLESS BLISS OFFERINGS

LIFE COACHING

Recommended: Min. 6 sessions.
Short term, solution-focused.
Gain clarity, cultivate
accountability and achieve
personal & professional goals.



MINDFULNESS COACHING

Recommended: 8 weekly sessions.
Weekly practices, exercises and
guidance for your meditation
journey.



TEXT/EMAIL SUBSCRIPTION

Suitable for extended consultation
after regular 1:1 sessions have
concluded or Time-zone clashes.
1 weekly curated response to all
texts/emails on fixed day of the
week.

NOTE:

These prices are applicable only for Indian residents.
For NRIs and foreign nationals, prices as per their local
currency will apply. Please enquire separately for this.

₹1100
per 45min
session

PACKAGES:
5+1 FREE
10+3 FREE

**ADDITIONAL
DISCOUNTS
AVAILABLE
FOR 18-25
AGE GROUP**

₹2500
per month

Scan & book
FREE 20-min
Discovery call



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