



WORLD DIGESTIVE HEALTH DAY

May 29, 2024

*“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. Discover gut-healing food, assimilate nutrients and nourish our microbiome through a healthy lifestyle.

12:00 pm to 1:00 pm

LOTUS

Complimentary

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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