

Participant Review & Reflection Form

Holistic YAA – Yoga • Ayurveda • Astrology

Guided by Bhawna Mittal, Ayurvedic Practitioner

Thank you for completing the 10-Day Ayurvedic Diet & Lifestyle Challenge.

Your feedback helps improve future programs and supports authentic Ayurvedic education in our community.

Full name (optional)

Ellie C

Email (optional)

ellieweitzel@gmail.com

May we share your testimonial?

Yes, with my name

After completing 10 days, what physical changes did you notice?

I noticed clearer skin, brighter eyes, decreased belly bloat, more energy, and some weight loss (not the goal).

After completing 10 days, what emotional or mental changes did you notice?

The mind is calmer, realizing that if our emotions are towards God, they become devotion.

Please describe one noticeable improvement in detail

I noticed how the challenge deepened my daily routine and meditation practice.

On a scale of 1–10, how would you rate this challenge?

★★★★★

Would you recommend this program to others?

Yes

Please write a short testimonial about your experience

This challenge felt like a blessing. It guided me further on this Ayurvedic journey. Bhawna was very supportive along the way. Thank you.

Thank you for trusting Ayurveda and this journey.