



MIRACLES WITH FOOD

A 4-PART WORKSHOP SERIES

Join Macrobiotic Nutritionist, Shonali Sabherwal for an Online Workshop Series via Zoom.

SUNDAYS

September 28, October 5, October 12 & October 19

7PM IST LIVE via Zoom

[@SoulFoodShonali](#)





BECOME YOUR OWN FOOD DOCTOR

This series of workshops with Shonali Sabherwal will teach you how to heal ailments through food and create a diet plan for life.

Covering everything from **inflammation, gut health, and immunity to anti-ageing** foods and practical meal planning, each session combines clear guidance with actionable tools.

Delivered live on Zoom with interactive Q&A, the workshops will help you take charge of your health and walk away empowered to eat for healing, balance, and long-term wellness.

Join any 1 workshop at ₹1200 or get the complete 4-part series for only ₹3600.

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WHAT IF FOOD COULD REPLACE YOUR PILLS?

Do you often struggle with frequent colds, headaches, gut issues, PCOS, thyroid imbalances, anxiety, or even insomnia?

These aren't random occurrences — they are your body's way of **signalling distress**. And more often than not, the root cause is hidden in the food you eat every single day.

What if you could address these problems without constantly turning to pills? Food, when used with awareness, becomes the most powerful medicine you have.

In these workshops, **Shonali will guide you to understand which foods trigger illness and which promote healing.**

Together, you will work on practical tools to help you eliminate inflammation, reset your gut and immunity, embrace anti-aging foods and supplements, and create a balanced meal plan you can rely on for life.



[@SoulFoodShonali](https://www.instagram.com/SoulFoodShonali)

KEY LEARNINGS

Workshop 1: Reset & Revive – The Anti-Inflammatory Protocol

Sunday 20th September 28 at 7PM IST - Rs. 1200/- Understand the root cause of cellular breakdown and chronic illness

- Learn the elimination food protocol to reduce inflammation
- Identify environmental contaminants that harm your health
- Spot lifestyle depleters that accelerate disease and aging
- Live Q&A with Shonali

Module 2: The Gut-Immune Blueprint – Your Longevity Reset

Sunday, October 5 at 7 PM IST - Rs. 1200/-

- Discover the foods that build resilience and strengthen immunity
- Why grain-based carbs are essential and which ones to choose
- Bust protein myths in vegan and vegetarian diets
- What most Indian diets are missing (and how to fix it)
- The healing power of fermentation and probiotics

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KEY LEARNINGS

Module 3: Ageless Living – Anti-Ageing Foods & Supplements

Sunday, October 12 at 7 PM IST - Rs. 1200/-

- Do we really need supplements — and how much is enough?
- Understand why we age faster and how to slow it down
- Key antioxidant-rich foods to support healthy aging
- The basic supplements everyone can benefit from

Module 4: The ‘Medicinal’ Plate – Meal & Menu Planning

Sunday, October 19 at 7 PM IST - Rs. 1200/-

- Learn what truly makes a balanced meal
- Understand portions and average quantities for daily health
- Strategies to stabilise blood sugar and prevent energy crashes
- Walk away with a 1-week hormone-balance meal plan you can adapt for life

Together, these workshops give you the **tools to heal, prevent disease**, and design a **personalised way of eating** that supports **lifelong wellness**. **Sign up for all 4 for just ₹3600 (save ₹1200!)**

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WHY JOIN THESE WORKSHOPS?

Most people only start thinking about their health when something goes wrong — a diagnosis, a flare-up, or when the pills stop working.

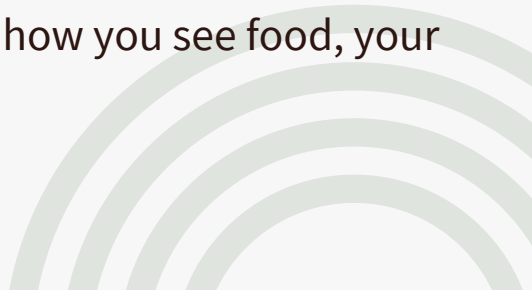
But what if you had the tools to prevent disease before it begins?

These workshops are about proactive healing — teaching you to read your body's signals, identify hidden triggers, and correct imbalances with food before they become bigger problems.

You'll also gain access to **Shonali's 25+ years of experience** distilled into simple, actionable steps. From **eliminating inflammatory foods** and lifestyle depleters to **building balanced meals** and **hormone-supportive menus**, each session gives you **practical strategies for lifelong health**.

It's not about dieting or counting calories; it's about **learning timeless food wisdom rooted in macrobiotics**, combined with modern **insights on gut health, immunity, and aging**.

This isn't just another nutrition class — it's a shift in how you see food, your body, and the way you choose to live.





HOW WILL THE WORKSHOPS UNFOLD?

The workshops will be conducted **live on Zoom** with Shonali Sabherwal. Each session includes a 45-minute instructional class followed by a **15-minute Q&A**, giving you the space to have your questions answered directly.

Once you've registered, you'll receive your Zoom access details before the workshop begins.

Dates: September 28th, October 5th, 12th and 19th

Schedule: Sundays | 7 PM IST

Format: Zoom Live (Instruction + Q&A)

Price: Select 1 workshop at ₹1200 or get the complete 4-part series for only ₹3600

(Note: personal recordings will not be permitted.)

Payment: Online via <https://workshops.soulfoodshonali.com/>

For more information: WhatsApp/call +91 98204 31224



REGISTRATION

How to register?

- Visit my website by clicking here to pay online.
- Alternatively, pay **₹3600/-** (incl. GST) / **\$41** for the full bundle, or **₹1200/-** / **\$14** for individual workshops, to the bank account mentioned below. Then send your name, email address, and phone number along with a screenshot of the payment via:
 - WhatsApp to 9820431224 or
 - Email: shonaalii@macrobioticsindia.com

Bank Details

Bank Name:	INDIAN OVERSEAS BANK
Branch Name:	ISKCON BRANCH
ACCOUNT NAME:	SHONAALII SABHERWAL
SAVINGS ACCOUNT NO:	124501000010518
IFSC CODE:	IOBA0001245
SWIFT CODE:	IOBAINBB128

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WHY SHONALI?

Embark on a transformative journey with Shonali Sabherwal, a renowned macrobiotic nutritionist with decades of experience helping over 12,000 clients worldwide overcome health challenges across 70+ ailments.

Specializing in holistic wellness through the Macrobiotic diet, Shonali's approach addresses chronic inflammation at its core, offering a comprehensive understanding of how diet and lifestyle can be powerful tools in combating this silent disruptor.

Join her in this intensive workshop to uncover the secrets of leading an inflammation-free life. Shonali will share her expertise, honed through years of working with clients and conducting workshops across the globe, focusing on practical tools to restore balance, support long-term health, and empower you to take control of your well-being.

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FOOD IS MEDICINE



List of ailments Shonali has worked on:

Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); Fibromyalgia;
Cancer: rectum, colon, breast, lung, prostate, ovarian; Cancer markers;
Skin issues (psoriasis, urticaria, skin glow, dark circles);
Thyroid; PCOD; Depression (anxiety); OCD; Hair fall; Menopause;
Allergies; Food intolerances; Conditions associated with low immunity;
Weight loss/gain; Diabetes; Autoimmune conditions.

Check the Disease Management page on the website soulfoodshonali.com for more information.

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FOOTPRINT



- Certified Macrobiotic Nutritionist & Chef from Kushi Institute, USA.
- Ran a successful catering service for 9 years, providing Macrobiotic Vegan meals to over 8000 clients (consultations) addressing 50 different ailments, with 1000+ workshops conducted.
- Recipient of Vogue's 2020 'Best Nutritionist' award and The Times (of India) SheUnltd award for Health Food in 2019/2020.
- List of Bollywood clients includes: Katrina Kaif, Zoya Akhtar, Sidharth Malhotra, Hema Malini, Javed Akhtar, Esha Deol, Jacqueline Fernandez, Tabu, Neha Dhupia, Shekhar Kapur, Kabir Bedi, Nivin Pauly, and Dalip Tahil, to name a few.
- Books: 'The Beauty Diet,' 'The Detox Diet,' 'The Love Diet,' 'Vipassana: The Timeless Secret to Meditate & Be Calm,' 'Finding Your Balance: Your 360-Degree Guide to Perimenopause & Beyond.'
- Podcast: 'Soulfood Conversations' on Audible.

To learn more about Shonali visit www.soulfoodshonali.com

THANK YOU

For more information or
any queries relating to the
workshop or consultations
please get in touch.



CONTACT



+91 9820431224



shonaalii@macrobioticsindia.com



www.soulfoodshonali.com



@SoulFoodShonali

