



The Superbody 365

The SuperBody 365 is an outstanding, bespoke transformation program, that teaches you to not only lose fat permanently and enjoyably but most importantly it enables you to optimize your bio markers so you can arrest or even reverse your biological age.

Through The SuperBody 365, Eefa teaches wellness and fitness enthusiasts from all walks of life not just to look great but also how to manage stress and operate at peak performance, while keeping up their busy and exciting lifestyles.

Thanks to her own personal journey, transformation and passion for the human physique and all its magical potential, Eefa understands the frustrations and missing links in the very important business of transforming one's body and health, having to cut through the mirage of myths today treated as gospel truth.

With over 23 years of solid experience and world class education, Eefa has built you a support system that won't just give you personalized, dynamic plans but will personally coach you on a daily basis on how to convert your plan into mouth watering menus and recipes that satisfy your senses yet empower you to achieve your body goals.

The SuperBody 365, saves you from the depressing cycle of yo-yo dieting and overtraining. Instead, the program motivates you build healthy enjoyable lifestyle habits that last a lifetime and generate enthusiasm. This is definitely not for people looking for the magic bullet and quick fixes that disappear as quickly as they appear. Eefa being a firm believer in the body-mind-spirit philosophy, psychology is a huge part of the program. It is engineered to empower you to overcome feelings of confusion, addiction, fatigue, guilt, frustration and self loathing and develop a mind set that allows you to experience absolute freedom, confidence, beauty, vitality, joy, self respect and a burning passion for life.

Using the power of modern technology and international tele network, you can take complete advantage of the program no matter where you are in the world. This isn't a spa holiday that abandons you at the end of the week or month and plunks you back to your problems feeling ten times more frustrated. This is a system that supports you through your problems, hand holds you and empowers you to solve them once and for all.

For more info email: supernova.eefa@gmail.com OR call/WhatsApp: +91 9673594000

Length of program: 1 year

Price:

Single: 1,00,000 INR + taxes per year

Couple: 95,000 INR + taxes per head per year