



7 Breaths to Slimming

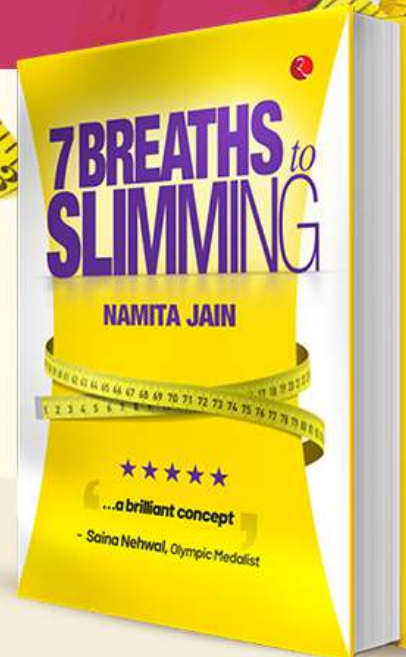
A mindful approach to eating
by **Dr. Namita Jain**

Confused by endless diet rules?

Discover a simpler, more intuitive way to nourish your body—lose weight, boost energy and enhance overall well-being by listening to your body's wisdom and embracing the philosophy of Hara Hachi Bu (eat until 80% full).

Dr. Namita Jain is a leading wellness expert, author and entrepreneur with over 30 years of experience in health, fitness and nutrition. She has served as a wellness consultant at Bombay Hospital and is the author of 13 books. Her latest book, **7 Breaths to Slimming**, reflects a mindful and sustainable approach to eating. She has also been a columnist for prominent publications such as The Hindu, The Economic Times, GQ, Elle, and Mumbai Mirror, making her a trusted voice in the field of holistic wellness.

Tuesday, 2nd June 2026 | 3:30 pm
Walchand Hirachand Hall, 4th Floor,
IMC Building, Churchgate



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