

YOGOASIS

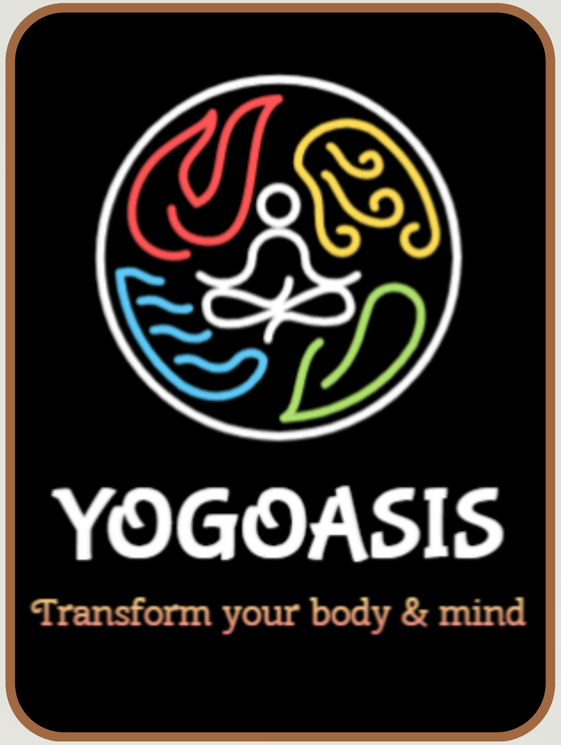
Transform your body & mind

INTRODUCTION

At YogOasis, we believe that health is the foundation of a meaningful life.

In a world where the pursuit of money, fame, and success often takes precedence, health is frequently overlooked—yet without it, even the greatest achievements can lose their value. Today's fast-paced lifestyle, combined with an overwhelming flood of conflicting information, makes it difficult for individuals to understand what truly matters for their well-being.

Yog-oasis was created to cut through this noise and guide individuals back to the fundamentals. Our mission is to help people understand, prioritize, and sustain their health by focusing on what's essential—the basics. We provide a clear, balanced, and holistic approach to wellness, empowering our community to lead healthier, more conscious lives.



MEET THE EXPERT – VIBHA, FOUNDER OF YOGOASIS

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Vibha is the founder of Yogoasis, established with a clear mission: to provide accurate, accessible, and holistic knowledge about yoga, nutrition, and overall well-being. With over 25 years of experience in the field of nutrition and holistic health, she brings a rare blend of scientific understanding, practical experience, and compassionate coaching to every program she delivers.

A qualified Nutritionist since 1995, Vibha began her career as a Field Officer with one of India's largest NGOs. Her dedication and on-ground involvement quickly earned her recognition within both the organization and the communities she served. Over the years, she has conducted numerous training and awareness programs on health, nutrition, and lifestyle management for diverse groups including volunteers, community workers, and corporate employees.

Her expertise also extends to curriculum and content development, having contributed to training manuals, easy-to-follow health guides, and nutrition articles for children's educational portals. She has worked extensively as a Consultant Nutritionist for various IT companies, where her responsibilities included menu planning, hygiene audits, wellness sessions, and personalized one-on-one diet counselling. Vibha was also associated with a premier Yoga Institute, where she gave talks on nutrition.

A move to the UAE was a pivotal moment in her professional journey. Deepening her passion for holistic wellness, she expanded her qualifications to include: Yoga Teacher Training. Kids Yoga Certification, Yoga Therapy, Nutrition Coaching, Holistic Health Coaching.

Today, Vibha seamlessly integrates evidence-based nutrition, mind-body yoga practices, and holistic healing principles to guide individuals toward balanced, sustainable well-being. Through her social media platforms, in-person trainings, workshops, and corporate wellness sessions, she continues to make wellness knowledge practical, engaging, and transformative.



Vibha Sehjpal
Founder of Yogoasis

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WHAT WE

CAN DO FOR YOU

HEALTH EDUCATION SESSIONS

Stress Management
Pillars of health
Weight management
Sleep
... and more

YOGA SESSIONS

Asana practice
Pranayama
Relaxation
Meditation

INDIVIDUAL - ONE HEALTH COACHING

GROUP HEALTH COACHING

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WHY CHOOSE US?

OUR APPROACH IS

- Personalized – tailored to individual needs and corporate culture
- Empowering – equipping participants with tools they can apply immediately
- Evidence-based – grounded in science yet deeply mindful and holistic

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GET IN TOUCH!

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Vibha Sehjpal