

# ChronoPrakriti Talks

## ChronoPrakriti Webinar Series

Synthesis of Chronobiology & Ayurved for Circadian Lifestyle Management

Greetings from ChronoPrakriti Team,

As we could not conduct workshop 'It's Time to Tune Your ChronoPrakriti' during this pandemic situation, we are initiating a **biweekly webinar series**.

ChronoPrakriti Webinar series will cover varied topics that helps in fine tuning of biological clock which is the basis of inbuilt immunity necessary to deal with pandemic.

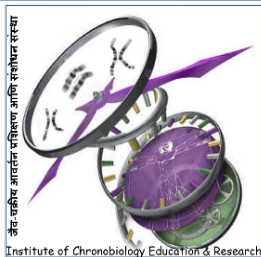
**Webinar Date & Time : Sat, 10th October | 4.15 PM - 5.00 PM**

**Topic : Effect of sedentary lifestyle on Prakriti**

We would be happy if you can join us to gain insights into the novel subject from the experts.

The link to this **free webinar series** will be shared upon registration. No registration is required if registered earlier.

Warm Regards,  
ChronoPrakriti Team



**For Registrations**

<https://forms.gle/EBUf4zem2bF88X7D6>

**For further details**

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