IMANAH HEALTH
Mahayoga & Natural Hygiene

EVENT



IMANAH Podcast - Episode 20 - 20260613

- 13 Jun 2026
- 8:00 AM EDT
- 5:30 PM IST
- LIVE



Speaker
Umar AlFarooq
Admin, Health Coach

CO-HOSTS

 Victoria Mohren

 Dr. Arun Sharma

 Jyoti Gusain

Decluttering the mind for better health: Umar AlFarooq and Guruji (Dr. Arun Sharma) draw a powerful parallel between tidying a cluttered home and clearing the mind for well-being.

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