

Ergonomic

Your Body Deserves Better

Science of shaping workplaces around the human body boosting efficiency, safety, comfort, preventing injury and chronic pain

Benefits

- Prevent injuries before they start
- Right posture keeps blood flow and reduces fatigue
- Protect long-term health
- Lowers risk of arthritis, disc problems & chronic pain

How It Works

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Step 1

Choose online ergonomics consultation

2

Step 2

Upload 3 photos - side view, back view & your desktop

3

Step 3

Choose a time for your online consultation

4

Step 4

Make payment to confirm your session

What We Offer

- Visually explained PDF guide
- Face-to-face online consultation with experts
- Personalized exercise & recovery plan
- Continuous support & follow-ups

Pricing Options

With Online Consultation

499/-

Complete package with expert guidance

Without Consultation

199/-

Self-service guide only

Start your ergonomic journey today!