



LIVE A

STRESS-FREE, HAPPY AND ENERGETIC LIFE

WITH SOUND SLEEP

## GET FREE FROM STRESS INDUCED ISSUES LIKE:

- ✓ Hormonal Imbalances
- ✓ Depression
- ✓ Irregular Periods
- ✓ PCOS/ PCOD
- ✓ Uterine Fibroids

## WHY CHOOSE US?

We believe in empathy, care and privacy. All your information is kept private and dealt with extreme care. Also, we believe in making things simple, easy to understand and doable for our community.



### MY STORY

I have experienced the negative effects of stress and other health issues caused by stress, such as PCOD & Depression. To improve my health, I adopted a comprehensive approach that included multiple techniques and yoga. This approach yielded positive results. With my newfound health, I decided to help others who are going through similar issues.



### MY VISION

On a mission to help over 100,000 people achieve a healthy, happy, and prosperous life with the help of natural techniques like yoga, meditation NLP and more..



### MY QUALIFICATIONS

- Certified Yoga Instructor
- Certified in NLP
- Certified in Positive Psychiatry
- Certified in Dietetics

CONTACT



Embrace your health with  
Coach Divya J Gupta

**BOOK A FREE CALL**

### Coach's Credibility

- Author of the Book "Meditation Made Simple"
- Helped more than 100 clients with different lifestyle issues
- 40+ 5-star reviews on Google
- Awarded as Rising India Young Entrepreneur 2023

### Contact Us

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