



REJUVENATE YOUR MIND WITH MEDITATION

Divya J Gupta
Stress & Hormones Coach



Benefits our community members are deriving from our sessions

- ✓ Boosted energy
- ✓ Stress free life
- ✓ Inner happiness
- ✓ Balanced hormones
- ✓ Well managed thoughts
- ✓ Good Health
- ✓ Improved focus & concentration
- ✓ Positivity



MEDITATION SESSIONS

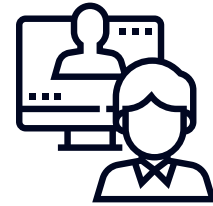
Online Meditation sessions are a combination of chakra meditation, visualization, and other relaxation techniques and are extremely helpful in getting rid of many health and mindset issues including stress, depression, anxiety, overthinking, mood swings, etc.

Get solutions to your health and mindset issues in a natural way

- ✓ Low Energy
- ✓ Stress/ Depression
- ✓ Hormonal Imbalances
- ✓ Mood Swings
- ✓ Overthinking
- ✓ Migraines
- ✓ Hypertension
- ✓ Negative thoughts

Other services and programs by Divya Yogshaala

Weekly Online Consultations



Weekly live video consultations with diet charts, right nutrition and follow-ups on your progress

Online meditation sessions



You will have access to daily short live online meditation classes

Online Yoga Sessions



Live online and offline hatha yoga sessions with us for your strength, stamina and a disease-free life

Comprehensive programs with tracking



Explore monthly, quarterly and half yearly group programs or personal coaching program for your life

WhatsApp support for your challenges



WhatsApp support available for all your queries while you are following your program

Access to VIP Facebook Group



Access to a VIP Facebook group to keep yourself motivated and to inspire other community members



CLIENT FEEDBACK


Here are some feedbacks from our happy clients

←  **jyoti sharma**
1 review

★★★★★ a month ago

Divya ji really changes my life .she held me at the time when I have left any hope for my life . Im depressed ,even tried to commit suicide but after meeting her it's a turning point in my life .and now Im living my life very positively she helps me alot in gaining back my mental health and through her counseling , yoga and meditation a positive mindset.thanks Divya ji for always helping metruly you are a gem of a person .and a great teacher.


👍 ↵

←  **Mayuri Mehrotra**
5 reviews

★★★★★ 20 hours ago

I am extremely pleased with the unwavering dedication and personal attention provided by Divya, given that she primarily conducted yoga classes for adults but readily agreed to teach my child. Her genuine care is evident as she tailors exercises to suit my child's needs. I highly recommend her for not only her teaching skills but also for fostering a positive atmosphere that encourages growth and overall well-being.

[Reply](#) 👍 ↵


←  **Neeru Aggarwal**
1 review

★★★★★ 4 days ago


I joined yoga for 2 months and I felt a lot.
The process of doing meditation has greatly improved my sleep issues, which can be eliminated by doing meditation.

Translated by Google · See original (Hindi)

👍 ↵

 **Divya Jain (Owner)**
a month ago


Thanks Neeru for your review

←  **rekha juneja**
1 review

★★★★★ a day ago

I hv benefitted a lot .Divya is thorough professional but gives personal care&attention to all her students alike.would highly recommend all those interested in yoga.

👍 ↵


 **Divya Jain (Owner)**
8 months ago

Thanks Rekhaji for your review



CLIENT FEEDBACK


Here are some feedbacks from our happy clients

←  Ruchi Swaroopa
1 review


★★★★★ 4 months ago

Each session is very refreshing and relaxing. By product is Weight Loss. After Meeting Divya Ma'am, started believing that YOGA SE HI HOGA..

👍 🔄

 Divya Jain (Owner)
4 months ago


Thanks Ruchi

←  Shaun Deb
1 review


★★★★★ 4 months ago

She is very good health coach, motivational speaker...I can learn so many things from her...She is very good yoga teacher

👍 🔄

 Divya Jain (Owner)
4 months ago


Thank you Shaun for such a nice feedback.

←  mani dixit
4 reviews


★★★★★ 9 months ago

Very good sessions ...with individual attention..love to be part of the YOGA sessions...

👍 🔄

 Divya Jain (Owner)
9 months ago


Thanks Mani, looking forward to serve you more and better

←  sheetal sibal
5 reviews

★★★★★ 9 months ago

Loved her yoga classes and concern regarding health ,proper care is awesome

👍 🔄

 Divya Jain (Owner)
9 months ago

Thank you Sheetal! Looking forward to serve you more and better



About the Coach

- Stress & Hormones Coach
- Successful survivor of multiple issues like low energy, fatigue, PCOS, Depression, Asthma, Osteoarthritis, Fibromyalgia, and emotional outbursts.
- Certified in - Dietetics and nutrition from NHCA, Singapore
- Certified Yoga teacher from Bhakti Yogshala, Rishikesh
- Certified in Positive Psychiatry from the University of Sydney
- Certified NLP Practitioner
- Published books on Amazon
- Awarded as Rising India Young Entrepreneur 2023





DIVYA YOGSHAALA
STRESS TO WELLNESS



Contact Us

- Phone Number
+91-8310719770
- Email Address
divyayogshala@gmail.com
- Website
www.divyayogshaala.com
- Social Media

