

A man with dark hair, wearing a blue and white vertically striped t-shirt, is sitting on a large rock. He has his eyes closed and a peaceful expression, with his hands resting on his knees in a meditative pose. Behind him is a large, leafy tree with a thick, gnarled trunk. The background is a clear blue sky. The overall scene conveys a sense of calm and connection with nature.

**NOURISH MIND,  
BODY, SOUL!**

Elevating health through holistic wellness.



# ABOUT THE FOUNDERS



## Monikaa Vijay Church

Founder & CEO | Certified International Yoga Trainer & Plant-based nutritionist | Yoga therapist

Monikaa Vijay Church is always passionate about health and wellness. She discovered yoga helped to overcome fatigue and increased energy levels. She turned her interest into learning and became a certified yoga trainer, plant-based nutritionist, yoga therapist, and teaching yoga for 4+ years. She counseled and guided individuals in becoming more aware of living well and healthy through a range of proactive and preventive measures. She is specialized in collaborative work to address issues such as garbh sanskar, female hormonal imbalance, digestive issues and improve energy.



## Vijay Church

Co-Founder | Certified International Yoga Trainer & Plant-based nutritionist | Yoga therapist

Vijay Kumar Church is a yoga trainer, nutritionist, therapist, and entrepreneur, who has been practicing yoga for over 10+ years and teaching for over 4+ years. His passion for sustainable living and living close to nature brought him to the path of yoga & wellness. After 18+ years of journey in the software industry, he turned to holistic living through yoga & plant-based nutrition. He is specialized in somatic movements that help to activate the parasympathetic nervous system which is responsible for relaxation and improves flexibility & strength



# WHY CHOOSE US?

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NisargaNow Wellness is a new company focused on promoting holistic health and wellness through natural and sustainable means. We believe in the power of nature to heal and rejuvenate the mind, body, and soul, and our services reflect this philosophy. We help with easy-to-follow somatic movements for relaxing and strengthening muscles. Our plant-based nutrition plans are customized as per individual lifestyle and for all age groups to improve their physical & mental health. Our therapies aid in better sleep & reduce pain. This is your one-stop place for yoga, diet, therapy, and overall wellness.



## Mission Statement :

"Our goal at NisargaNow is to Empower people in their pursuit of better health and wellbeing. We are dedicated to using only natural methods since we have faith in the body's fundamental ability to cure itself. To live a happy and healthier life, we combine the transformative power of somatic body movements, nourishing diets, and holistic therapies. Take action now to start your journey towards a blissful life with NisargaNow.

# THERAPIES OFFERED

## Thai Body work

Thai bodywork is an ancient form of therapeutic massage roots from India and was developed and refined in Thailand. It incorporates passive yoga stretches, acupressure and reflexology to help in releasing tension, improve flexibility, reduce stress and is known for its ability to relieve pain.



## Rakkenho

Rakkenho sutra is a Japanese form of altruistic yoga that involve the use of foot pressure to massage the body, it promotes relaxation and healing and removes fatigue, helping treat chronic disease, mental illness and assists in lymphatic system toxin clearance

## Meru Chikitsa

Meru Chikitsa is an ancient Ayurvedic healing that uses light touches to increase awareness, eliminate stress, and create well-being. It grants access to infinite energy and helps relieve disease and pain. and improves the immune system, vitality, and nervous system function





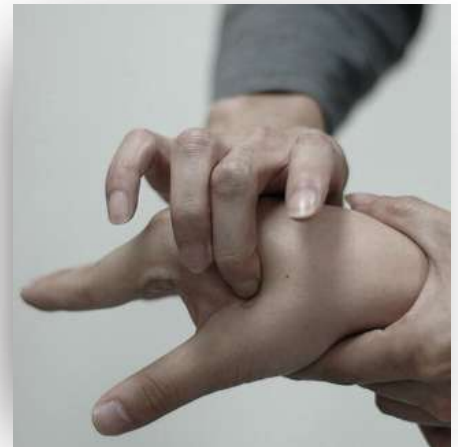


## Guasa Therapy

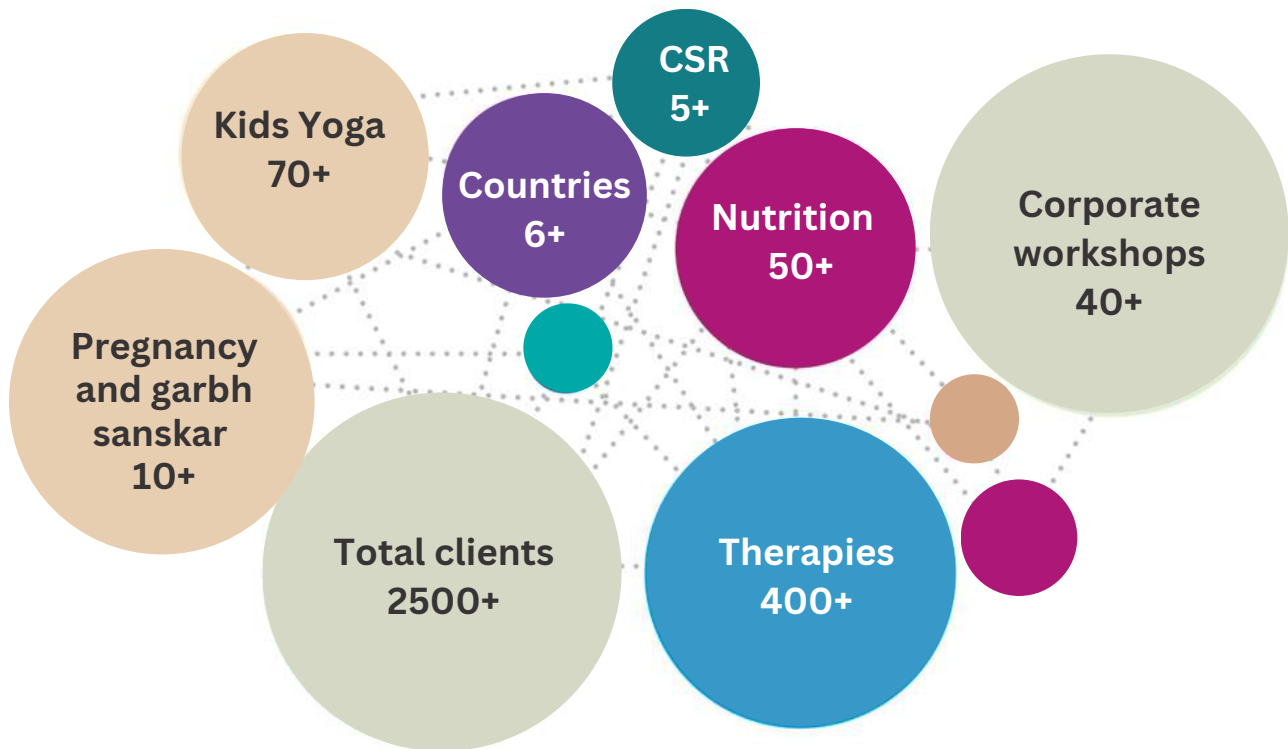
Guasa is a therapy that combines "gua" (scraping) and "sa" (toxic/dead cells) to achieve healing results through a scraping technique. It is also referred to as scrapping massage therapy and helps to remove accumulated dead cells beneath the skin. It enhances circulation and is used to ease joint and muscular discomfort.

## Accupressure

Acupressure is a technique that relieves tension in the muscles by applying pressure to certain points on the body. This causes endorphins to be released, which relieves stress and discomfort. Acupressure can help also with sleep improvement by promoting mental relaxation and a sense of well-being.



# Some Numbers that inspire us



# WHAT PEOPLE ARE SAYING

Rejuvenation, blissful & rejoicing, I know Vijay Chunch for 10+ years, we worked together in IT , and I'm always impressed by the degree of dedication he brings to the table. NisargaNow is an excellent choice for a fruitful self-realization path, in my opinion.

**Pradip Parmar**



"Practicing yoga for 1 year under the guidance of teachers brought physical and mental changes. Reduced chronic stress/sciatica & muscle spasms, flexibility increased and combined with nutrition plans led to weight loss, reduced acid reflux, better sleep, and overall well-being."

**Purushotham G**

"I was struggling with a sleeping disorder and lower back pain for 20+ years. However, after therapies with NisargaNow, my sleep improved & reduced back pain. The therapies are extremely effective and I stopped taking tablets after following the easy to follow nutrition plan.

**Vijaya laxmi**



"I really liked how they were telling us the story and making us do the yoga. Especially i like the story based on the dog with the yoga poses and I love the poses you taught us. Thank you!

**Naisha Tiwari (Kids Yoga)**

During the classes Monika teacher gave personal attention and made me feel relaxed and through Grabh Sanskar knowledge & yoga I learned many things about baby development in womb. I had a normal delivery and thank you NisargaNow for their guidance.

**Pratyusha Varma**





# CLASSES & CONSULTATION

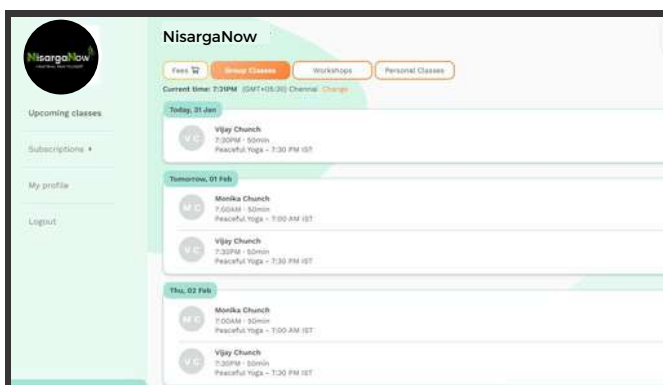


Software based class solution

Hassle free on



At NisargaNow we offer a comprehensive platform for Health & Wellness, offering a virtual studio, WhatsApp inquiry engagement, and a student self-service portal. With prepaid, rolling subscriptions, gated live classes and video recordings, Zoom classes, and 24/7 online payments, the platform provides a convenient and accessible experience. The platform also offers country-wise pricing and a student wallet.



## Garbh Sanskar

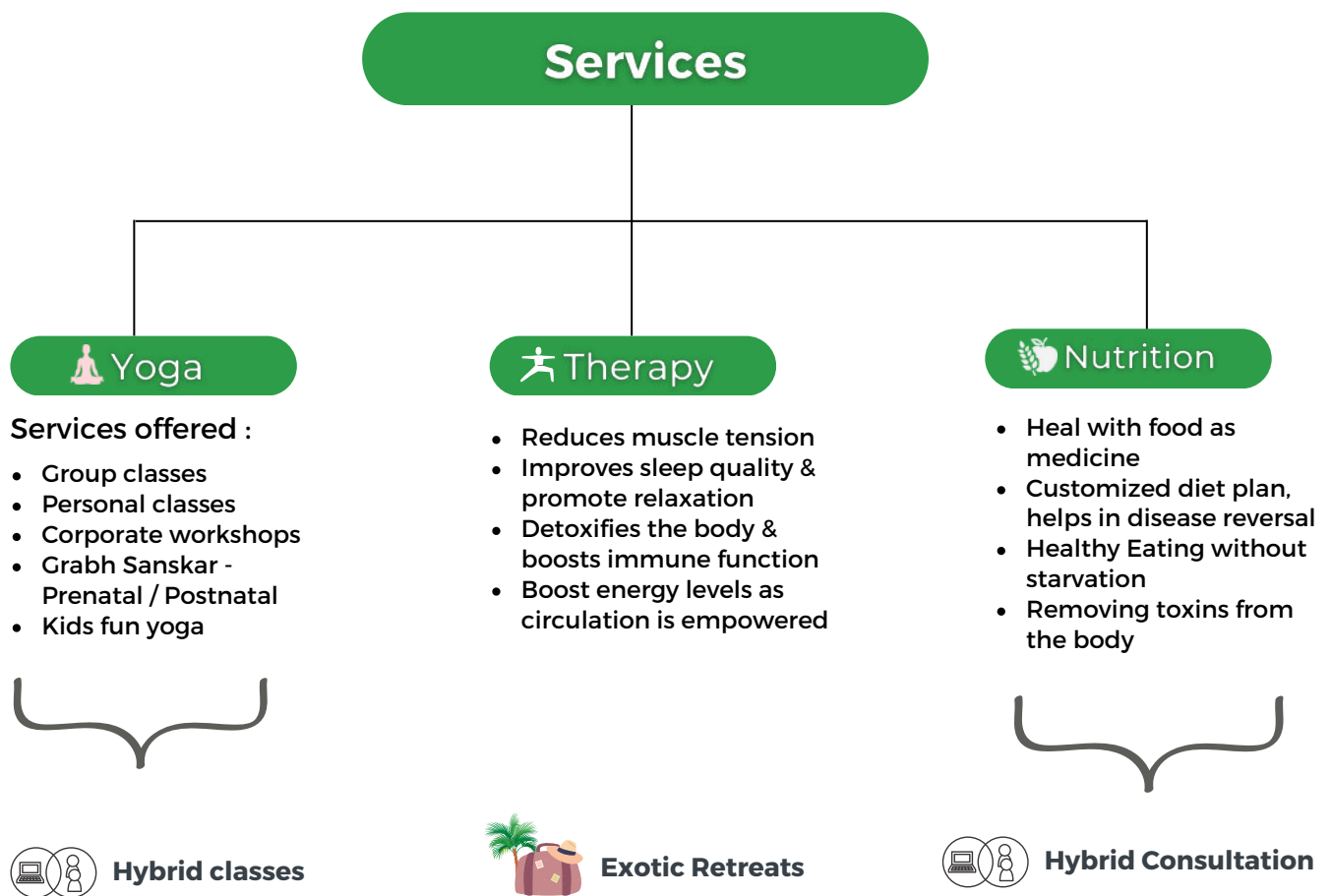
Learn the sacred Vedic science of Garbh Sanskar and prepare for a natural birth. 80% of a child's brain develops in the mother's womb. Psychological (IQ), Physical (PQ), spiritual (SQ), morality (EQ) of the unborn child be best developed through Garbh Sanskar



Private Prenatal & garbh Sanskar class



# SERVICES OFFERED



# CORPORATE WORKSHOPS



At NisargaNow we offer corporate workshops for yoga and nutrition to help businesses promote a healthy work-life balance for their employees. These workshops are focused on somatic yoga & breathing techniques that help employees relax and rejuvenate by reducing stress, calming the mind, and increasing oxygenation to the body.



Nutrition workshops are focused to improve awareness of the benefits of a plant-based diet and their impact on overall well-being. We offer interactive games sessions to boost employee morale, encourage team bonding, and provide physical and mental stimulation.





# OUR CORPORATE CLIENTELE



NisargaNow - The wellness Coaches Duo are highly successful in bringing a positive attitude and smiles on the faces of our employees when they are attending their yoga sessions. Their personalized Nutrition regimes cater to each individual's needs and I'm benefitted by this. They can provide very good counsel for managing various physical ailments. Their sessions are full of fun and energy. I value NisargaNow

## Ashok Mantena

Executive Director, Vasudha Pharama chem Limited



**Vasudha Pharma Chem Limited**

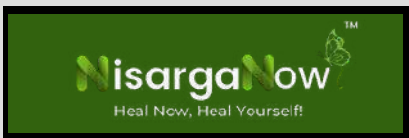
*Contributing to affordable healthcare..*

I've known Vijay Chunch professionally for more than 15 years, and during the past few years, my family and staff members have taken part in his company's health initiatives. The outcomes have been astounding. Both Vijay and Monika are experts in general well-being and have offered priceless advice. We've noticed better flexibility, a greater awareness of self-care, and more vitality as a result. To anyone looking for better health and living a happier life, I wholeheartedly advocate using NisargaNow services.

## P.R.K Naga Raju

Managing Director PNR Associates Private Limited & Senior Lion at Lion's club.





## CONTACT US

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