



**Take the first step
towards a healthier you & happier you.
Contact us today to schedule your confidential
counseling sessions & wellness program
for mind, body and soul.**

***We care for your Mental Health &
Holistic Wellness***

LYFE MAGIC

DISCOVER A PATH TO

HOLISTIC WELLNESS & MENTAL HEALTH

Your Journey to Health & Wellness
Begins Here

Mental health and holistic wellness are essential to
overall well-being.

Our devoted team of experienced wellness
coaches, psychologists, counselors, life coaches,
yoga & meditation experts are here to empower you
on your journey toward a healthier mind and a
balanced life.

[Learn More](#)





WHY CHOOSE OUR WELLNESS COACHING & MENTAL HEALTH PROGRAM?

Life can be overwhelming, and at times everyone needs support. Counseling offers a safe, confidential space to express your thoughts, emotions, and worries. Our skilled therapists are here to help you navigate challenges, build self-awareness, develop effective coping strategies, and cultivate resilience for a stronger, healthier you.

Finding balance is essential in life. Holistic wellness provides a nurturing and supportive space to align your mind, body, and spirit. Our wellness experts are here to guide you in fostering self-awareness, embracing healthy habits, and cultivating harmony for a more vibrant and balanced life.

GET IN TOUCH WITH US



+91 9897772523
+91 9927028543



Gurgaon & Meerut

OUR SERVICES

HOLISTIC WELLNESS

- Weight Loss
- Yoga and Meditation
- Breathwork & Relaxation
- Nutritional Guidance
- Diet/ Meal Plan
- Sound Healing
- Healthy Habits & Routine
- Life Style Management
- Positive Body Image
- Emotional Well-being
- Mindfulness Practices

PERSONAL GROWTH & COUNSELLING

- Stress, Anxiety, Depression
- Relationship Counselling
- Anger Management
- Child-Parent Communication
- Childhood Trauma & Inner Child Healing
- Goal Setting & Career Guidance
- Personality Tests & Assessments
- Managing Emotions
- Happiness Coaching
- Office Politics

MEET OUR TEAM

Our team of certified & licensed NLP life coaches, psychologists, counselors and certified holistic wellness coaches, nutritionists, yoga & meditation experts, expert in positive psychology, psychometric testing professional, dedicated to providing group and one-on-one services. Our experts are trained & experienced in therapeutic approaches and wellness strategies, we create a supportive, inclusive space to help you achieve balance, resilience, and overall well-being.



SHEFALI MONGA

Holistic Wellness Coach
Nutritionist
Psychological Counsellor
Yoga & Meditation Trainer
Inner Child Healing Practitioner



DR. DEEPALI MONGA

Psychologist,
International Corporate Trainer
NLP Life Coach
Mindfulness & Happiness Coach
High Performance Coach