



NOW LIVE FIT
TRAIN THE BODY . HEAL THE MIND

Rajni Gaur

INTERNATIONALLY CERTIFIED

500 RYT | PRENATAL/POSTNATAL YOGA TEACHER | DIETITIAN AND NUTRITIONIST

Now Live Fit

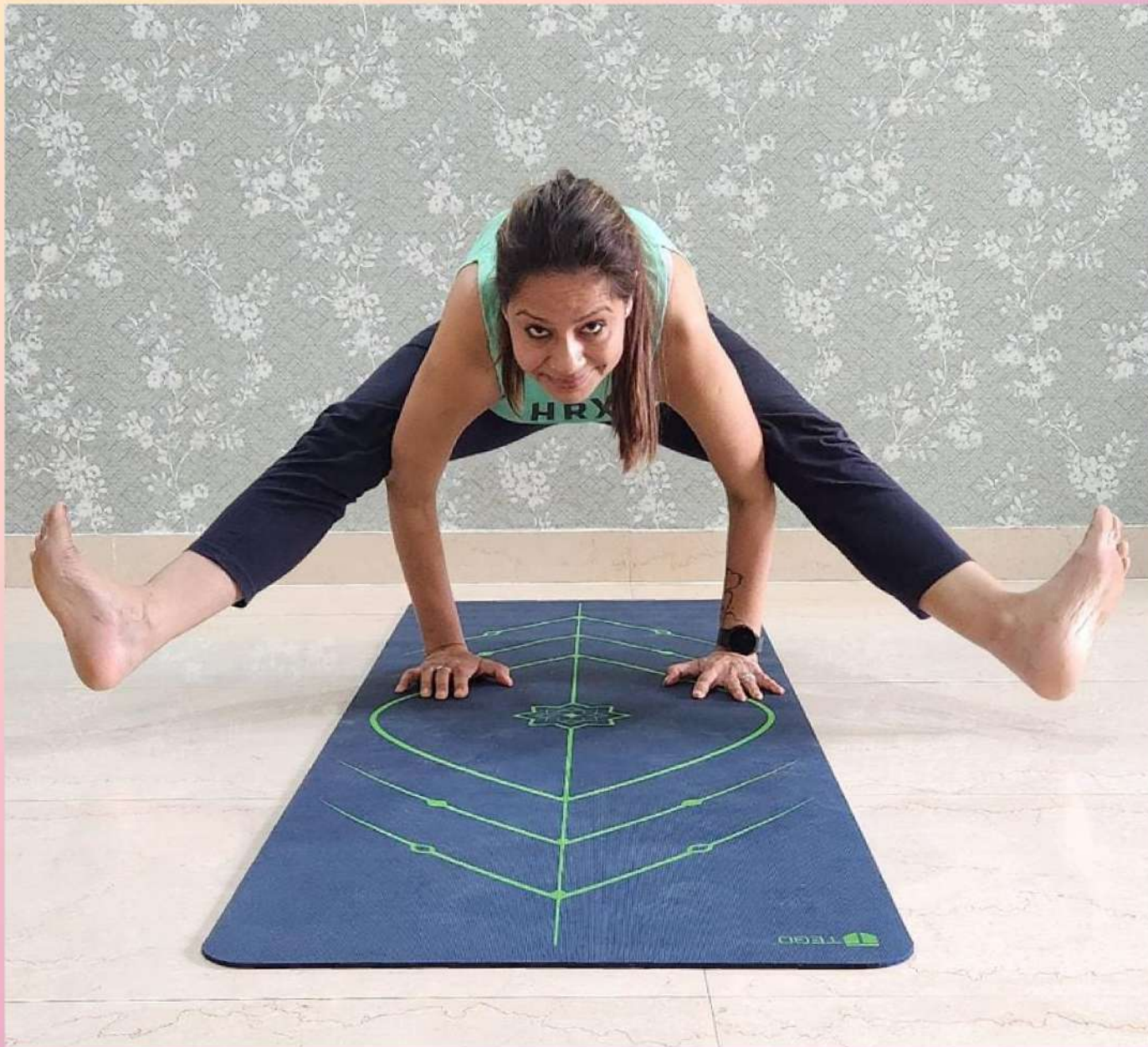


NOW LIVE FIT

TRAIN THE BODY . HEAL THE MIND

A place where you get to do combination workouts which emphasises on YOGA a little more along with cardio, mat pilates and other strength trainings too, NOW LIVE FIT helps you to boost your physical health as well as mental health. The Multiple batches are there with online and offline mode to copeup with national and international clients and timings.

About The Instructor



RAJNI GAUR

Internationally Certified RYT 500

Prenatal and Postnatal Yoga Expert Nutrition and Diet Coach

Highly motivated, energetic and friendly Yoga Instructor who is comfortable working with people of all ages and has deep knowledge about asana, as well as relaxation, meditation and breathing techniques.

Enjoy inspiring others to improve wellness and committed to long-term sustainable health and fitness goals. Committed to providing extensive instruction and counselling to clients, while motivating them to find true inner peace and their healthiest self. Possesses skills to modify the practice on-demand based on the abilities or injuries of class participants.

Yoga Asanas



ASHTVAKRASANA



EKPADA ADHOMUKHA



PAADHASTASANA VARIATION



USHTRASANA VARIATION



KAPOTASANA



CHAKRASANA



SARVANGASANA



ADHOMUKHA VEERASANA



SURYAYANTRASANA



KURMASANA



KAPOTASANA VARIATION



TITTIBHASANA

Yoga Asanas



VRIKSHASANA/GOMUKHASANA



ANJNEYASANA



RAJKAPOTASANA VARIATION



ANGUSHTHASANA/PARVATASANA



HALASANA VARIATION



PADMASANA VARIATION



ADVANCE UTTAN PRISHTHASANA



BADDH PARSHVAKONASANA

Yoga Asanas



EKPADA ADHOMUKHA



ADVANCED UTTANPRISHTHASANA



BAKASANA



SURYAYANTRASANA



CHATURANGDANDASANA



HANUMANASANA



PARVATASANA



BAKASANA



VASHISHTHASANA



KURMASANA



EKPADAHASTASANA



PAADHASTASANA

Our Services



Yoga



Yoga offers a range of benefits, enhancing strength, stamina, flexibility, immunity, and mental well-being. It boosts strength through varied muscle engagement, aiding fitness and recovery from injuries. Benefits of Yoga:

- Enhanced stamina, flexibility, immunity, and mental well-being.
- Assists weight loss by burning calories and building muscle.
- Reduces pain in areas like back, neck, and joints.
- Supports weight loss by addressing physical and emotional aspects.

Power Yoga



Power yoga is a dynamic and vigorous form of yoga that focuses on strength, flexibility, and stamina. It blends traditional yoga poses with a faster-paced flow, challenging participants both physically and mentally. By emphasizing continuous movement and breath control, power yoga aims to build muscle, enhance cardiovascular fitness, and promote mindfulness. It's suitable for those seeking a more intense workout while still benefiting from the holistic aspects of yoga.

Prenatal Yoga & Postnatal Yoga



Prenatal yoga - improves the health of Mother and child, and helps in healthy growth of child and overall well being of mother and child both.

Postnatal yoga - helps you to come back to the shape, regain strength and helps to cope up with post delivery anxiety and stress.

Mat Pilates



Power yoga, a dynamic and robust iteration of yoga, prioritizes strength, flexibility, and endurance. It ingeniously melds traditional yoga postures with a faster, more energetic sequence, presenting practitioners with a formidable physical and mental challenge. By accentuating a seamless fusion of breath and movement, power yoga not only cultivates muscular development and cardiovascular fitness but also fosters mindfulness. This style caters to individuals desiring an intensified workout while still reaping the holistic rewards that yoga offers, making it an ideal choice for those seeking a potent union of physical exertion and inner tranquility.

Meditation & Relaxation



Engaging in meditation and relaxation practices yields multifaceted benefits, notably in reducing symptoms associated with anxiety, depression, and post-traumatic stress disorder (PTSD). These techniques not only foster emotional well-being but also augment cognitive capacities. Enhanced focus, concentration, and problem-solving abilities are among the cognitive dividends. Additionally, the cultivation of adaptability and resilience towards emotional challenges becomes more attainable through consistent meditation and relaxation. This holistic approach offers a toolkit for bolstering mental health, equipping individuals to navigate life's complexities with greater equilibrium and strength.

Functional Training



Functional training serves as a comprehensive approach to enhancing physical attributes, encompassing **coordination, balance, posture, and flexibility**. By highlighting an extensive spectrum of movements, this training methodology requires individuals to initiate and conclude each action within a stance that aligns with their muscles' innate range of motion. Through this deliberate alignment, the fusion of resistance and flexibility during functional training generates a distinct synergy that fosters mobility. As the body adapts to these natural motions and harmonious exertions, functional training augments not only the physical capabilities but also the overall agility and functional efficiency of individuals.

Diet Consultation



At Now Live Fit You get guidance, suggestions, help, and support on your dietary habits and eating patterns.

Guidance is as per your fitness goals and health conditions.

The motive behind this is to make you FEEL better, LOOK better and LIVE better.



Corporate Yoga

Enhances outlook and attitude towards work. Increases the well-being of employees in the workplace. **Reduced personal costs that are linked to stress-related illnesses and absenteeism.** Improves productivity, focus, and ability to think clearly in stressful situations.

Corporate Yoga





Yoga Retreats

Surround yourself with like-minded people who are gathers together to practice yoga in a group setting for physical and mental rejuvenation. retreats can be daylong retreats or multiple-day trips where multiple activities are compiled together. yoga retreat is an amazing opportunity to meet with others who are passionate about yoga like you.

Yoga Retreats



YOGA | PRENATAL & POSTNATAL YOGA | POWER YOGA | CARDIO SESSIONS | MAT PILATES | CORPORATE YOGA | MEDITATION | RELAXATION | FUNCTIONAL TRAINING | DIET CONSULTATION

 nowlivefit.com

 +91-09953484213

  @nowlivefit

Awards and Accolades



रमाशंकर उपाध्याय, प्रधानाचार्य महेश बाबू सहित सभी अध्यापक एवं अध्यापिकाएँ, अभिभावकों व छात्रों ने वृक्षासन, ताड़ासन, चक्रासन, सूर्य नमस्कार, गोमुखासन, शीर्षासन तथा

इंदिरापुरम की एटीएस सोसायटी के लोगों ने लिया योग में हिस्सा



गाजियाबाद (मनरवी चाणी)। अंतर्राष्ट्रीय योग दिवस के उपलक्ष में एटीएस सोसायटी इंदिरापुरम के अंतर्गत लगभग 300 निवासियों ने सुबह 6:30 बजे से लेकर 8:00 बजे तक अंतरराष्ट्रीय योग गुरु श्रीमती रजनी गौर के नेतृत्व में योगाभ्यास किया। भाजपा नेता और गाजियाबाद विल्डर एसोसिएशन के अध्यक्ष राजीव शर्मा ने बताया प्रत्येक वर्ष की भांति सोसायटी में अंतर्राष्ट्रीय योग दिवस मनाया जाता है हमारी सोसायटी के अंतर्गत बहुत से लोग जो प्रतिदिन योगाभ्यास करते हैं आज उन्होंने बढ़ चढ़कर हिस्सा लिया। योगाचार्य केवल भाटिया जी जो निशुल्क प्रतिदिन हमारी सोसायटी में योग कराते हैं भाटिया के योगदान को सभी निवासियों ने उनका अभिनंदन किया। उनको प्रशस्ति पत्र देकर सम्मानित किया। योगाचार्य विजय भारती ने सभी को योग के विषय में विशेष

तीर्थ नगरी में कई स्थानों पर मनाया

मनरवी चाणी, संवाददाता

लिए प्रेरित किया। अंतर्राष्ट्रीय योग दिवस गुरुकुल योग परिवार के द्वारा कार्यक्रम वीनस अकादमी मुरादनगर में आयोजित किया गया। व्यायाम कपिल पुंडीर ने कराया कार्यक्रम का



Thank You

 nowlivefit.com

 +91-09953484213

  @nowlivefit

