



Meet Bitasta and Kanishka, our wellness coaches!

PaUpNow! enhances community capacity with skilled wellness coaches. Our mental health could improve with good advice on fitness, health, diet, and spiritual awareness. Hence, PaUpNow! has partnered with two wellness coaches, who're offering their time to improve **YOUR** well-being.

So, don't wait on finding joy in everyday life! Invest in yourself today, and book an online session with them.

Bitasta Roy Mehta (She/Her): Meditation, Wellness, and Mindfulness For Young Adults.

Bitasta, the owner of **A Mindful You**, is a coach for young adults, who have



Bitasta Roy Mehta, Mindfulness Coach

stepped into the corporate world. Her goal is to teach them how to be a mindful contributor to society and be kind and uncompromising to integrity and personal excellence.

She is based in **Singapore** and has specifically chosen this group since she recognizes that they are stepping into a whole new world phenomenon and maybe at a loss to navigate their path.

Read her thoughtful piece: "**Territory**

Unknown - The Unconscious Leap During Teenage Years". She is also the author of the book "Have a THINK: The Practical Guide to Evidence-Based HR."

Check her out on **Instagram** and book an online session with her!



A Mindful You

[Book Online Session With Bitasta](#)

Kanishka Banerjee (He/Him): Fitness Training and Spiritual Awareness For Kids and Seniors.



Kanishka Banerjee, Fitness Coach

Kanishka, the owner of **Constant Evolve**, is a professional fitness trainer and physical transformation coach. He is a National Academy of Sports and Medicine certified trainer with expertise in Calisthenics, HIIT, powerlifting, and a body (weight + yoga) hybrid training model.

Kanishka, based in **Los Angeles**, is on a mission to impact all human lives in a positive way, even if it's with a smile. He has mastered the Vipassana meditation practice and has decided to help human beings optimize themselves. Read his mind-blowing [blog on how he rescued an abandoned & injured pit bull and nursed her back to health](#).

Check him out on [Instagram](#) and book an online session with him!



Book Online Session With Kanishka

If you have questions, don't hesitate to [contact us](#). If you like our [vision and mission](#), forward this email to your friends and family! Thank you :).

Best regards,
PalUpNow! [Team](#).



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