



Pilates for the soul

A brand new addition to the city's fitness scene is Pilates for Wellbeing founded by 40-year-old Kavita Prakash. For over two decades, a lucrative corporate job had kept Prakash on her toes. But when she entered motherhood, she needed a regime that would help beat stress, rejuvenate her, and help her build on stamina and endurance. Pilates was her calling and she took to it like a religion five years ago in UAE where she lived with her family. She even studied classical Pilates in Colorado, USA and converted her home in Dubai to a studio. On returning to Bengaluru, she found great scope for a classical Pilates studio which was lacking in the city and today the 3200sqft studio in Indiranagar is the first classical Pilates studio in South India. "Pilates as a movement practice challenges the entire body and not just few muscle groups. It improves flexibility and is a great form of exercise for people undergoing rehabilitation, and are addressing mobility issues," she explains. Two weeks into its launch, and the studio is rapidly gaining popularity among city's elite fitness buffs. Here, they offer group classes, private lessons, duet lessons, which includes the trio Wunda chair classes that are ideal for beginners. "People between 12 to 85 years of age can do Pilates for overall fitness. I find it funny that many people here associate workouts with weight loss but I don't believe in that. Pilates is certainly not for those who want to just lose fat, it's an overall lifestyle change that needs to be maintained even outside the studio.

₹ 1,800 upwards. At Mannan Arcade, 100 Ft Road. Details: 49571908

Get your groove on

Pilates For Wellbeing, The Hood, and The Tribe Fitness – these three places have one goal in common – to see you fit. And while their methods might vary, the end result is to keep you energised, on your feet, and healthy.

Dance, lift weights, stretch or run – the coolest thing about staying fit is that there are no limits

