

One woman's journey to supreme fitness

Kavita Prakash is a Classical Pilates trainer and shares what made her give up her corporate career for a life in wellness.

Express Feature

Queen's Road, Kavita Prakash is an enthusiastic corporate professional who took up Pilates to combat stress. Overwhelmed by the benefits of Classical Pilates, she decided to give up her corporate career to practice and teach Pilates. Kavita graduated as a certified instructor from The Pilates Center - Boulder, Colorado after completing the advanced teacher's training programme.

This six-month course of 900 hours awarded Kavita a detailed study of the anatomy, kinesiology, biochemistry, anatomy, nutrition, exercise, and rehabilitation.

Thereafter, she began practicing from her studio in Urban Legends, Delhi. Both in Bangalore, Kavita continues her quest for learning and teaching Pilates by attending various workshops and seminars across the world. She is also pursuing a post graduate programme in Zurich.

She will soon open a state-of-the-art studio in the city and in an interview with City Express, tells about her journey so far.

On fitness as a way of life

Fitness has always been a important aspect of my life. I was always an athlete and attended many fitness training and semi-annual triage, was sponsored by the Sports Authority of India (SAI) and participated in and won at many National Level events.

Though not an active athlete post 2004, physical fitness continued to be an integral part of my life as I believed that it would help me deal with my hectic life-style. Regular cardio workouts, group fitness classes, cycling, boot camps et al, I would try everything.

Coping with change

Before I leave, I was a wife, the mother of three kids and a successful corporate professional managing a hectic schedule. I was struggling to find the right balance between everything that awaited the next to me.

Pilates still continued to be a part of my life but simply could not dedicate as much time as I would have loved to and there seemed to be no inclination on my more high intensity workouts. I was now on the lookout for an effective and enjoyable exercise regime.

This is when I stumbled upon an article about how Pilates was gaining popularity all around the world. Pilates was not one of the many variations of fitness cardio workouts in a gym but involved a more holistic approach towards training, fitness of both mind and

WELLNESS MANTRA

THE STUDIO IN BANGALURU

Having relocated to Bangalore from Dubai in the past year, Kavita is working towards setting up the city's first fully equipped Classical Pilates Studio. It is due to open in early September and will bring Classical Pilates to the quest for the first time to the city, says she. The first and foremost effort will be to redefine fitness and to help people understand that fitness is not about drastic weight loss, fat diets or a six pack. It's worth about 10% percent of your body, being mindful of whatever form of exercise one chooses and most of all taking more time of the fitness practice not only for an hour or two in a day but for life.

the body. I wanted to know more.

The new chapter

I was in Dubai then and at that time there was just one studio there. It was called City Stretch and offered Pilates classes. The studio director invited me for an initial consultation coupled with an hour long private lesson to gauge my fitness levels and postural habits. The studio looked nowhere close to the gym I was used to. I saw different kinds of apparatus, mats, straps and springs.

At the end of my very first introductory class, I was overwhelmed with the approach of Pilates towards posture, fitness and wellness. The director was instantly able to address my postural issues and point out that my core muscles were very weak and I decided to set aside six hours a week towards a Pilates.

The journey begins

At the end of the first five sessions, I realised that even though I was physically strong, certain mus-

cles groups in my body were very tight and were developed probably due to my rigorous training, as an athlete. I also discovered that due to this my posture was not all that great and was fairly compromised. I was finding single exercises very difficult to perform and it was very frustrating. However, my instructors were extremely supportive and together we planned a routine to be strict and address each of my issues one at a time. The first month flew by and even though I didn't see any dramatic change in my mobility, I was feeling much better than before.

I seemed to have a lot more energy. Three months down the line, I slowly started noticing changes physically too. I looked toned, felt leaner and my voice was stronger. My core seemed to be getting stronger which reflected in the discipline that I had to throw towards it.

Becoming aware of the deeper self

The biggest realisation for me was that I had become aware of myself physically, conscious of my posture and how beginning to mindfully perform every the simplest of movements like walking, standing and sitting. My core, I had naturally made up my mind to study Pilates.

The Training

After a six-month preparatory programme in Dubai to assess my interest, I signed up for an Advanced Teacher's Training Program with The Pilates Center (TPC) in Boulder, Colorado. I had started off by wanting to learn Pilates for my own needs but now I wanted to help others.

I eventually decided to give up my fabulously paying corporate job and replaced it with my passion which I believed will last my lifetime. I have complete confidence that Pilates can help many more to reach their fitness goals.

