

# A new balance

Kavita Prakash figured out that the best way to correct work-life imbalances was to make her passion her paycheck. By **Apoorva Shetye**

**I**n a world of mechanical routines, stress, work-life imbalances and robotic schedules, how difficult or easy is it to get back to doing what you love? Kavita Prakash found a way. She made her passion her paycheck. Kavita Prakash, an erstwhile corporate professional with leading multinationals took up Pilates as a stress buster. Discovering her passion for Pilates, she decided to give up her established corporate career to pursue her quest to learn and practice Pilates and finally set up her studio, and teach this exercise regimen at her studio. Being an athlete, Kavita was always inclined towards fitness but she took up Pilates as a low intensity workout to get back in shape after her pregnancy. Embarking on her journey with Pilates, Kavita says, “When Pilates happened to me it was like an eye opener as it made me discover and overcome the many complexities and challenges of my body. My interest in Pilates stuck on and I felt better and energized every time I did it. This motivated me to take it up even more in

depth and I did a thorough study of the fitness form.” Kavita graduated as a certified instructor from The Pilates Center, Boulder, Colorado after completing the advanced teacher’s training programme. Her decision to relocate to Bangalore to be close to her family, after a 17-year stay in Dubai, was another life-changing event. “It wasn’t an easy decision to chuck a cushy, well-paying corporate job to pursue my passion. I went through my share of apprehensions but I made a choice. My family was very supportive and helpful. Thankfully it worked and the move did well for me,” says Kavita. Kavita owns the first classical Pilates studio in the country. Her swanky studio, Pilates for Well Being is located in Indiranagar and Kavita, as Founder and Principal Instructor, leads her students through classes. Every new joinee is given individual classes at first, addressing their specific issues, concentrating on understanding their body. Then they graduate to group sessions. Along with her expertise, Kavita also gets instructors from abroad to give her clients top experiences. For Kavita,



fitness is a way of life and she believes Pilates gives you the feeling of wellbeing. “Pilates brings about an awareness of your body. The subtle movements and use of breath in Pilates is as good as a 10 km run. Pilates makes a difference not only in posture but gives you a complete ownership of your body,” says Kavita. “Fitness is always associated with weight loss which I completely disagree with. This is a change in thought that I wish to bring about,” says Kavita. For her wellness is about improving the quality of life. “Pilates makes everything else you do better, it complements your body. I want to instill

the idea of the goodness of Pilates in people. I want to make people pain-free through Pilates and enjoy life at every age,” beams the enthusiast. For Kavita it is a dream to inspire people to take up Pilates as a profession, just the way she did. A dynamic entrepreneur, Kavita has another business venture called Polish, that she runs with a friend. Polish, is a boutique studio for hands and feet. “Polish is an experience. It is an opulent, elite studio with a high-end, international, toxic-free, product line,” says Kavita. Polish also has a fleet of trained technicians for an exclusive experience. **F**