

We've all seen aesthetic Instagram stories of our friends at their 8 AM Pilates class. We've all noticed students walking on campus sipping a weird green drink -matcha- from a coffee shop on Bliss Street. Without any doubt, we have all come across these two very popular things: Pilates and Matcha. But have you ever wondered how they can boost your well-being?

The pursuit of wellness through mindfulness is a precious gem in our current world of non-stop task switching. Your daily routine gives you space to rediscover yourself while rejuvenating your body and calming your mind. Pilates and matcha form a perfect combination which provides a complete wellness system.

On one hand, Pilates is a form of movement that builds strength and flexibility. It is different from other types of exercise because it focuses on movements that are controlled and precise. Every movement in Pilates is to build core strength and, at the same time, improve flexibility and posture. The controlled movements in Pilates demand your full presence along with breath awareness as your body listens, making it a deeply mindful practice. Pilates guides you to monitor your body's sensations during stretching exercises and resistance work which leads to inner peace and mental grounding. With time, body transformation is seen by creating core strength and enhancing flexibility, improving posture, and, most importantly, supporting mental wellness. It reduces stress and promotes relaxation and mental clarity. This results in both physical and psychological benefits.

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