

MY JOURNEY THROUGH YOGA AND FITNESS RUNNING

**Exploring something old & adding
something new**

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I would love to describe myself as a positive thinker and problem solver. Having myriads of interests, I'm always looking forward to learn and explore new things. Being bubbly and talkative, I do enjoy connecting with lots of people.

In my spare time, I usually like to read. I love music, dance, cooking and exploring new places. A nature lover at heart, I enjoy spending time outdoors while going on long walks and drives, which I end up doing frequently! Ultimately, I strive for balance in my life and try to stay mindful and present at the moment.

I was always a sports person from my childhood. Being the captain of yellow house in my school, I used to lead my house in kho-kho, kabbadi, basketball along with other interschool activities, including four years of shotokon karate. There came an unwanted transition after my schooldays while pursuing my higher studies. After graduation, I started working in Lilavati Hospital, Mumbai where I got a chance to work with a renowned panel of doctors in specialized fields like nuclear medicine, which helped me to understand human anatomy and body cycle in a better way.



Then, there came another transition wherein we shifted to Pune in 2007. It was quite challenging for me and I found that life in Pune was very slow and difficult to adjust. However, after initial teething problems, I started liking Pune and got some time off. To keep myself busy, I joined Shyamak Davars dance classes along with my 5-year-old son. It is always said that "Knowledge never goes waste" and thus, I could use the same dance techniques while having my workout sessions and add some fun element to it along with the workouts.

As it is said about Yoga, "A Healthy Mind Stays in A Healthy Body". Both of these are possible with Yoga. I always had an interest in learning and practicing YOGA. The only way to preserve health and the only way to create good health is by including yoga in our life. YOGA is about creating a balance. It is about balancing your senses, balancing your mind, soul and body in order to live in good health and live in peace.

Diligence delivers results!!!

Discipline and regularity are the two quintessential parallels to unlock the benefits of yoga. My dedication and efforts towards learning and knowing more about yoga has bought me this long today.

Due to my regular yoga practice, it gave me the confidence to teach and eventually I started teaching yoga from 2010. My curiosity towards Asanas, Kriyas, Pranayamas, Yogic breathing etc; increased and I started learning more about it. I did my international course in yoga and became an internationally certified trainer.

To include running as a routine to my fitness journey was always at the back of my mind. Luckily, in Pune, I got an opportunity to participate in Pinkathon. To my delight, I could complete 10km distance and also in the same year, I ran my first PRBM marathon starting off with 10kms. In my perspective, I could manage my run with ease due to my constant yoga practice.

To begin with group activities I started with my participation in Strength Training Sessions with Aundh group. After knowing about my experience as a yoga & fitness trainer, I was encouraged to come ahead and take sessions and that's how my journey as a mentor started with Pune Running Group. Being a mentor, I got chance to conduct ST sessions at various locations like Shivaji Nagar, University, Aundh, Peth, Balewadi, Pashan, Chatushrungi etc. I made many friends through my ST sessions and got plenty of love, affection and appreciation from all of them.

I got an opportunity to get associated with PINKATHON as an AMBASSADOR and I am continuing with this responsibility till date. It is a wonderful experience to conduct women centric events, interacting with ladies with various backgrounds and be with them. While working for Pinkathon, I got a chance to meet and work with MILIND SOMAN and LATE SMT MAAN KAUR JI, and witness how dedicatedly they work towards health and fitness. I am also associated with VITA FITNESS wherein we are dealing with various clients having specific requirements of weight loss through strength trainings, nutrition and yoga.

I feel overwhelmed when I see my friends, family and students enjoy my sessions and reap immense benefits out of it. It's their constant appreciation which fuels my motivation and encourages me to work more passionately towards health and fitness. I have decided to give a goal oriented direction to my passion and as a part of this I have named my fitness centric venture as "THE FITNESS TREE" where I work towards overall transformation of oneself.

