



# MONICA RASTOGI

## EXCLUSIVE INTERVIEW WITH CERTIFIED PILATES INSTRUCTOR FROM DELHI

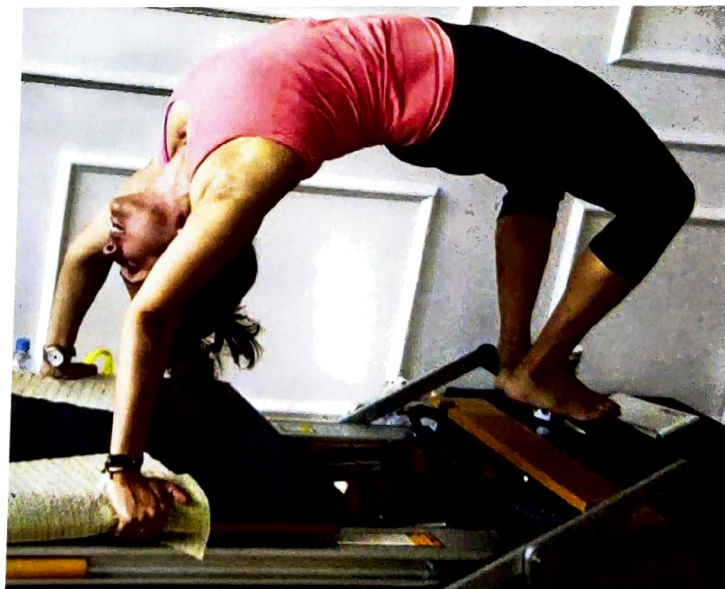
We had the wonderful opportunity of getting in touch with Monica Rastogi, who is currently the founder instructor of Studio Pilates Retreat, a boutique Pilates Studio based in New Delhi, which she had started a decade ago in the year 2010. Prior to that, she had worked with several studios as well as luxury spas as a health consultant. Possessing a little over 15 years of experience in teaching Pilates to various individuals, this fitness instructor had undergone training with **Michael King**, a veteran in Pilates and owner of Michael King Pilates based in London. Being a Pilates Expert who had obtained her certification in Equipment and Mat from Stott Pilates, Toronto in Canada, she had also received the certification for Spirals and Pilates for Pregnancy, with Michael King London. She specializes in Rehabilitation for back problems and injuries related to sports or lifestyle with Stott Pilates Canada and Ulrik Larsen Australia. Moreover, she is the first certified instructor for GYROTONICS® and GYROKENSIS® from the United States of America (U.S.A.). In an exclusive conversation, **Monica Rastogi** chats with **Claus** from **Sportz Business Insights** about her journey and experiences in Fitness and how she got introduced and ultimately fell in love with Pilates, the exposure she got from training several individuals for Pilates, that included ambassadors, expats, professionals, individuals in public life and a few more. This interview covers a lot about the journey of Monica Rastogi with Pilates, her journey as a fitness consultant and subsequently as a Certified Pilates Instructor which she had started off a decade ago and the plans that she has for her studio in the near future.

### 1. When did you get your first introduction with Pilates and how did you fall in love with it?

I was introduced to Pilates in 2003 which was being conducted by one of my Instructor Trainer friend in one of the studios in Delhi and I knew at that instant, that this is what I would like to pursue in near future.

### 2. How did you get inspired to start the business of conducting Pilates coaching sessions for the residents of Delhi? Since, how long have you been conducting Pilates classes for the residents? Was there any special reason behind starting this form of exercise for individuals?

I got the opportunity to work as a fitness consultant for one of the most eminent luxury Spas of Delhi in 2005 and introduced Pilates there. There was a good response from the clients in the Spa. At the same time, I independently trained few expats in groups at their residence and the numbers started growing considerably over the years and this inspired me to become an entrepreneur and start a studio of my own and fulfill my dreams of offering Pilates and Rehab Pilates. I had suffered a back injury in 2002, no treatment or therapy was helping me, most of the time I was in pain. In 2003 when I was introduced to Pilates, for the first time I felt a little relief from pain in my back. This created a ray of hope that this form of exercise might alleviate me from pain completely and it did over the years. This is why I decided to pursue Pilates and the science behind it.



### 3. Can you tell us your favourite Pilates exercise and why you like doing it?

Most of the exercises in Pilates are great exercises but if you ask me particularly I like the ROLL UP, because it helps to articulate your spine and at the same time challenges you to work with your deep abdominal muscles. It also allows you to create suppleness and ease in your spine, in case it has become stiff for whatever reasons whether lifestyle, sitting long hours, etc..