

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.