

Priyanka Lage: Empowering Wellness Through Yoga

Published on 09 Dec 2025 | By IFI Correspondent



Yoga Therapist and Founder of Vibhuti Yoga Studio & Painless Yoga Studio, Priyanka Lage, has emerged as a powerful symbol of resilience, healing, and holistic well-being. Her journey reflects how unwavering determination, discipline, and inner strength can transform suffering into a path of inspiration for many.

Early Life

Priyanka's childhood was filled with dance, exercise, sports, and constant physical activity. Although she did not formally practice yoga in her early years, elements such as breath awareness, focus, and basic meditative practices naturally found a place in her routine.

The true spiritual direction, however, came from her father, whose yogic lifestyle left a deep imprint on her life philosophy. He often told her:

“When the mind is calm, the body learns to heal itself.”

This guiding principle became the foundation of her personal and professional yogic journey.

A Turning Point: Battling Chikungunya

Priyanka's life took an unexpected turn when she was severely affected by Chikungunya.

Intense body pain, stiffness, fatigue, and emotional stress made even basic movements difficult. This phase was mentally and physically excruciating.

But instead of breaking down, Priyanka rebuilt herself — slowly, patiently, and mindfully.

Through **micro-movements, subtle yoga techniques, gentle stretching, pranayama, and soft flows**, she gradually regained mobility, strength, and mental stability. These small practices became the stepping stone to her complete recovery.

She realized:

“Yoga is not just about postures; it is a process of awakening the body's natural healing abilities.”

Merging Science with Yogic Wisdom

To deepen her understanding, Priyanka pursued several academic and therapeutic qualifications:

- **B. Pharmacy**
- **International Yoga Certification**

- **Government Certified Yoga Diploma**
- **Training in Cupping Therapy**

These certifications helped her combine scientific knowledge with traditional yogic wisdom, shaping her unique approach to therapeutic and holistic yoga.

Touching Thousands of Lives

Over the years, Priyanka has served hundreds of individuals through:

- **Rathi Foundation, Pune**
- **Multiple PHC (Primary Health Centre) facilities across Nashik district**
- **Direct clients via the JustDial platform**

Her specializations include:

- Prenatal & Postnatal Yoga
- Therapeutic & Pain-Relief Yoga
- Hatha & Ashtanga Yoga
- Shuddhikriya
- Micro-Exercises & Soft Yoga (her signature method)

Priyanka also trains yoga teachers and offers recognized yoga certification courses.

Yoga Studios as Centers of Healing

For Priyanka, her studios are not businesses — they are **centres of healing, growth, and positive transformation**. Many of her students have experienced relief from chronic pain, improved mental well-being, and renewed confidence through her personalized methods.

Awards and Recognition

Her continuous efforts and service have earned her:

- ? **Second Winner Award** – MDVTI, Lucknow
- ? **Special Honor** – Aadishri Multinational Social Organization, Nashik

These accolades stand as testimony to her dedication and contribution to the field of yoga.

Selected for Maharashtra's Prestigious Awards

Recognizing her dedication and achievements, she has been selected for the prestigious “**Maharashtra Business Icon 2025 / Maharashtra Style Icon 2025 / Maharashtra Fashion Icon 2025**” awards.

This honour is being presented by **Reseal.in and India Fashion Icon Magazine**, celebrating Maharashtra's emerging entrepreneurs and artists.

Her selection marks a proud moment not only for her but also for the entire region.

Presence of Renowned Film Personalities

The grand award ceremony will be graced by celebrated film personalities:

- **Ms. Varsha Usgaonkar (Bollywood Actress)**
- **Ms. Sonalee Kulkarni (Indian Actress)**

- **Ms. Prarthana Behere (Indian Actress)**

Event Hosted Under Expert Leadership

The event is organized under the leadership of **Mr. Sudhir Kumar Pathade**, Founder & CEO of Reseal.in (Sure Me Multipurpose Pvt. Ltd.), who continues to provide a national platform for Maharashtra's rising entrepreneurs, designers, and creative talents.

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