

Neha Wadkar: From Corporate IT to Holistic Wellness with Atha Yoga Wellness

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An inspiring entrepreneur bringing yoga, pranayama and holistic well-being to modern lifestyles

After spending 14 years working in the IT division of a nationalised bank, Neha Wadkar embarked on a new professional journey inspired by her personal experiences with health and well-being. Today, through Atha Yoga Wellness LLP, she is working to make yoga, mindfulness and holistic wellness more accessible to individuals and organisations.

Her professional experience as a software engineer and IT specialist taught her discipline, leadership, responsibility and the importance of navigating a demanding corporate environment. However, a challenging health phase that lasted nearly two years changed her perspective on life. She came to recognise that professional achievements and daily responsibilities can lose their significance when health and well-being are compromised.

What began as a personal search for balance gradually developed into a deeper interest in yoga. For Neha, yoga became much more than physical exercise; it represented a holistic approach to creating harmony between the body, mind and breath.

From Corporate IT to a New Purpose

Neha's 14-year career in the banking and IT sector gave her first-hand experience of the demands of professional life. Long working hours, deadlines, sedentary routines and the pressure of balancing multiple responsibilities are familiar challenges for many working professionals.

Her own health journey encouraged her to look at wellness from a different perspective. She began exploring how yoga could become a practical part of everyday life, helping people become more mindful of their physical and mental well-being.

This personal transformation eventually became the foundation of a new professional purpose. Rather than leaving behind the discipline and experience she had gained in the corporate world, Neha decided to use those strengths to create meaningful wellness experiences for others.

Advanced Yoga Training and a Scientific Approach

Determined to develop a deeper understanding of yoga, Neha pursued extensive professional training. Her qualifications include more than 900 hours of advanced teachers' training from The Yoga Institute and an AYUSH Level 3 Yoga Instructor certification.

She also undertook specialised training in pranayama, prenatal and postnatal yoga, and yoga for cancer rehabilitation and recovery.

Her personal experiences encouraged her to explore the science behind yoga, including anatomy, physiology, body alignment and breathing techniques. She believes that yoga practices should be adapted to individual needs rather than treated as a one-size-fits-all solution.

This combination of traditional yogic knowledge, specialised training and a practical approach to individual requirements became central to her vision for Atha Yoga Wellness.

Atha Yoga Wellness: Making Wellness Part of Everyday Life

With the establishment of Atha Yoga Wellness LLP, Neha set out to bring her vision of holistic wellness to a wider audience.

Through the organisation, she offers corporate wellness programmes, personalised and group yoga sessions, women's wellness workshops, pranayama, meditation, and prenatal and postnatal yoga sessions.

The aim is to help people incorporate healthier practices into their routines without feeling that wellness requires them to step away completely from their professional or personal responsibilities.

For Neha, wellness is not limited to occasional sessions or temporary lifestyle changes. It is about developing a more conscious relationship with one's body, mind and everyday habits.

Corporate Wellness: Supporting Today's Working Professionals

Corporate wellness holds particular importance in Neha's work because of her own experience in the IT and banking environment.

She understands how demanding schedules, extended screen time and limited physical movement can make it difficult for professionals to prioritise their well-being.

Through Atha Yoga Wellness, she aims to create opportunities for employees to pause, breathe, move and reconnect with themselves amid their busy schedules.

Her corporate wellness programmes are designed to introduce yoga and mindful practices into professional environments, encouraging individuals to give greater attention to their well-being alongside their work responsibilities.

By bringing together her understanding of corporate culture and her yoga training, Neha is working towards making wellness a more practical and accessible part of working life.

Supporting Women, Cancer Patients and Survivors

Another meaningful aspect of Neha's work is her focus on specialised wellness programmes for different groups.

Through women's wellness workshops and prenatal and postnatal yoga sessions, she seeks to provide guidance suited to different stages and needs of women's lives.

Her work with the Indian Cancer Society, supporting cancer patients and people recovering after treatment through yoga-based initiatives, has been particularly meaningful to her.

These experiences reflect her belief that wellness practices should be approached thoughtfully and adapted to individual circumstances. Yoga-based support for people undergoing or recovering from cancer should complement, rather than replace, appropriate medical care.

Through her specialised programmes, Neha aims to contribute to a more supportive and mindful approach to well-being.

Wellness Retreats: Reconnecting with Yourself

In addition to regular yoga and wellness sessions, Neha curates wellness retreats that bring together yoga, mindfulness and time in nature.

These experiences offer participants an opportunity to step away from their everyday routines, slow down and reconnect with themselves in a more peaceful environment.

The retreats reflect her broader philosophy that wellness involves more than physical movement. It also includes awareness, relaxation, reflection and creating space for personal well-being.

By encouraging people to take a break from their routines and engage in mindful practices, Neha hopes to help them carry a greater sense of balance into their everyday lives.

Turning a Personal Challenge into a Purposeful Journey

Looking back, Neha Wadkar's difficult health phase became a turning point that reshaped her professional direction. An experience that once felt like a setback ultimately inspired her to explore a new field and build a purpose-driven venture.

Her journey from corporate IT to wellness entrepreneurship demonstrates how professional experience and personal challenges can lead to new opportunities when combined with learning, determination and a willingness to change.

Through Atha Yoga Wellness LLP, Neha continues to work towards helping individuals and organisations make wellness a meaningful part of daily life.

Her story offers an inspiring message to professionals who are considering a new direction: sometimes, a change in perspective can open the door to an entirely new purpose.

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