

## MEMBER SPOTLIGHT

# WHAT UDIYA LAKSHMI SAYS ABOUT FINDING RUNNING THROUGH YOGA

## MWC Runners Club | Insights

*There was a time when Udiya Lakshmi was certain of one thing: running was not her cup of tea. Yoga was her comfort zone, her passion, the only form of movement that ever truly felt like hers. She never imagined a day would come when she'd look forward to lacing up and running.*

*Then she became part of the MWC Runners Club — and everything changed.*



## A YOGA JOURNEY THAT BECAME SOMETHING BIGGER

*What began as Udiya's yoga journey with the club gradually grew into something far bigger than she expected. The turning point arrived with the club's 10-Day Running Challenge — an experience that reshaped her entire perception of running.*

*"It made me realize that the biggest limitations often exist only in our minds."*

Inspired by the challenge, she kept going — walking and running consistently for 42 days without stopping.

For Udiya, it was never just about the kilometres. It was about building discipline, discovering her own potential, and creating a healthy habit she now hopes to carry forward as part of her daily routine.

## RUNNING AS A MOVING MEDITATION

The biggest shift came when Udiya began weaving her yoga practice into her running.

Instead of chasing speed or distance, she found herself becoming more mindful of her breath, her body, and every single step.



*"Running became a moving meditation. Breath awareness, presence, and mindfulness transformed what once felt difficult into something deeply enjoyable."*

What started as an unfamiliar, even unwelcome activity had, through mindfulness, become a source of genuine joy.

## THE SUNDAY TRAILBLAZERS AND AN EXTENDED FAMILY

The Sunday Trailblazers runs have been another wellspring of inspiration for Udiya — every trail filled with encouraging conversations, shared laughter, and stories of resilience. Listening to fellow members, she says, is a constant reminder that growth looks different for everyone.

As a mother who spends most of her time at home, the club has given her something she describes as truly precious: a reason to step outside, meet people from nearby communities, build meaningful friendships, and feel genuinely connected.

*"This community has become my extended family."*



*In a fast-paced world where it's often hard to find time even for our own relatives, Udiya says this community has built a sense of belonging that reminds her just how essential human connection really is — nourishing not only the body, but the mind and soul as well.*



# A CLUB BUILT ON FRIENDSHIP, PURPOSE, AND BELONGING



What Udiya admires most about the MWC Runners Club is its spirit — friendly, welcoming, and endlessly supportive. Beyond the running itself, the club creates space to learn, to have fun, to take on new challenges, to volunteer, and to give back to the community.

She describes feeling truly blessed and grateful to be part of it — a club that has made her physically stronger, expanded her mindset, strengthened her confidence, and enriched her life with friendship, purpose, and belonging.

## COMING FULL CIRCLE AS A YOGA INSTRUCTOR





In a full-circle moment, Udiya now serves as a Yoga instructor for MWC Runners Club members — bringing the very practice that once felt separate from running back into the heart of the community.

She was especially honoured to lead the Yoga session on International Yoga Day, welcoming a strong turnout as part of the club's health and fitness initiatives.

*"Thanks to the MWC Runners Club Executive Committee for organizing such a wonderful event and giving me the opportunity to be the instructor for the Yoga sessions."*



## THE JOURNEY SHE NEVER THOUGHT SHE'D BEGIN

For Udiya, the story isn't just about becoming a runner — it's about how an unexpected journey can end up changing everything.

*"Thank you, MWC Runners Club, for showing me that sometimes the journey we never thought we'd begin becomes the one that changes us the most."*