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Smitten by India

Life coach Lucile Paul Chevance draws tenets from Yoga, Ayurveda and Kalaripayattu for her training programmes



Lucile Paul Chevance comes to India to keep in touch with the traditional arts and sciences.

The trend of hiring personal trainers and life coaches is popular in the West. In India too the efficacy of such assistance is being felt. Lucile Paul Chevance, a French coach who has been working with top athletes, performers, politicians and businessmen in America and Europe says that her coaching is a combination of Western techniques and Indian art and lifestyle forms. “Tenets from Yoga, Ayurveda and Kalaripayattu form an integral part of my assistance programme,” says Lucile, relaxing over a cup of black tea in a café in Fort Kochi.

In touch with Kerala

Lucile is in Kochi once again to refurbish her knowledge of the traditional arts and to refresh her repertoire. She has been visiting Kerala often to keep in touch with the goodness of these ancient sciences.