

PHILIPPE & TAYLOR WELLS



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Taylor and Philippe, circa 1990

Her: power suits, mascara galore, married with a child, marketing executive

Him: buzz cut hair, Brooks Brothers ties, unmarried, senior management consultant

Two strangers in the same city with only one thing in common: they were both miserable. Never mind their star-studded resumes and Ivy League educations -- they both felt as though their lives were big square pegs in little round holes, you know?

When she was 12, Illinois native Taylor was being groomed to be a professional tennis player. Then, she decided she wanted a more normal teenage experience. She quit the intense training, became homecoming queen of her high school class and landed at Brown University. Meanwhile, Philippe was bouncing around the planet, living in Japan and Switzerland before unpacking his bags at Yale University to major in economics. Taylor married her college sweetheart, a stockbroker, had a child, and studied for her doctoral degree in clinical psychology. Philippe kept busy striving to be a master of the universe - he held senior positions at the Boston Consulting Group and Bain Capital after earning his PhD in economics at Harvard.

So why did they each feel so empty? They didn't know. What they did know was that they felt happy at yoga class. One day, Taylor was asked to move her mat next to a clean cut classmate named Philippe. She looked at him. "Wow," she said, "I had a dream about a guy that looked like you." He looked at her. "I guess that means I am the man of your dreams."

They fell in love and got married. Taylor started looking for space to start a yoga studio. Philippe quit his job. In 2002, they launched Prana (which means "life force") Power Yoga in Newton. The couple's mantra? Find your path or "Dharma". For Taylor and Philippe, that means teaching their students, of all ages, how to live in joy and balance. Few people, it might be argued, could teach that lesson so well.

Taylor and Philippe, 2007

Her: no makeup, yoga expert, new mom; happy

Him: long hair, yoga expert, new dad; happy

Prana Power Yoga

282 Centre Street, Newton

617-641-YOGA

www.pranapoweryoga.com

New location in Cambridge's Central Square opening this summer.

Roll over Taylor and Philippe's picture to learn more.

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