



### How's Your S.E.X. Life?

Yoga and nutrition instructor Teresa Kay-Aba Kennedy says the key to success in your career and family life includes getting plenty of S.E.X. (sleep, exercise, and x-tracurricular activities)

Harvard MBA Teresa Kay-Aba Kennedy is what some might describe as a recovering workaholic. She once enjoyed a fast-paced media career. At age 27 she was president of business development and operations at MTV Networks Interactive in New York City. "My family literally could find me at the office at 1:30 in the morning on a Saturday."

But even though her type A personality was good for the company's bottom line, it was harmful to her personally. Kennedy says she almost died from a stress-induced ulcerated digestive system. "I was constantly running, running, running. I was on the road all the time doing deals, basically. It turns out that my body couldn't keep up with me. Even then I was shooting off orders [to colleagues] from the hospital."

But it wasn't until a few years later that Kennedy decided enough was enough. She left her lucrative, decade-long media career to become a yoga teacher, entrepreneur, and wellness activist. Though most people thought she had lost her mind, she had in fact found herself.

Now the 35-year-old businesswoman's goal is to help people from all walks of life have healthier lives. She is president of [Power Living Enterprises](#), a multimedia lifestyle company offering inspirational content, motivational products from affirmation cards to CDs, lifestyle coaching and training services, and networking events. Kennedy also writes a weekly Power Living™ column.

Here Kennedy shares with NiaOnline her life-threatening experience as well as her prescription for S.E.X.-ual healing.

Kennedy has always been an overachiever. She was a dancer and competitive athlete in track, swimming, and gymnastics; entered Wellesley College at age 16; was named one of *Glamour* magazine's "Top 10 College Women in America" in 1988; and was one of the youngest VPs at a major media company.

It's no wonder. Kennedy comes from a long line of successful people, including her mother, journalist-entrepreneur Janie Sykes-Kennedy; her father, the Reverend James Scott Kennedy, a playwright and professor; and other well-known relatives such as Joseph C. Kennedy, Ph.D., cofounder of Africare, and entertainer Leon Kennedy.

While at MTV Networks, she created VH1 Interactive in 1994, started the Business Development & Operations group for MTV Interactive in 1996, and negotiated landmark deals bringing in more than \$30 million.

She paid a heavy price for that impressive resume, however. "I threw out the window the healthy principles I had grown up with as soon as I hit the corporate doors," admits Kennedy, who had followed a holistic lifestyle since age 4. "I was not sleeping as much, eating take-out food, and exercising very little. Then I lost 20 pounds in a two-week period. I thought I had a stomach virus. My mom came over and right away took me to a hospital emergency room. Had she not done that, my organs could have shut down and I could have died."

After that experience, Kennedy began to use familiar tools, such as yoga and meditation, for balancing the demands of work and life. Eventually quitting her job, she spent three years in training to get certified to teach yoga and nutrition.

In 2001 the newfound supreme yogi used personal savings and resources to launch Ta Life, an organization designed to promote healthy, positive living to underserved urban communities. The company operates the [Ta Yoga House in Harlem](#) and has received recognition from former President Clinton's Small Business Initiative and Upper Manhattan Empowerment Zone.

Still somewhat of a perfectionist, Kennedy is also a certified nutritionist, holistic-health counselor, fitness instructor, and lifestyle coach. She offers training programs to high-powered executives and corporate groups through Power Living Enterprises. These "Fast Track" sessions, which range from three months to a year, start at \$1,000.

"I have this model [for living called] Let's Talk About S.E.X.," says Kennedy:

- **Sleep** is a vital energy source. It also allows your body to repair itself.
- **Exercise** is about more than scheduling gym time. It's important to move every day.
- **X-tracurricular** activities involve taking time out to play and to laugh, which releases endorphins that fight against depression.

"This is not a quick fix," she insists. "I'm trying to get people to a place where they are present and purposeful in everything that they do in their daily lives to reduce stress. The goal is to have an ongoing experience of prosperity and peace."

*--Carolyn M. Brown is a New Jersey-based writer*