

The Tokyo One-Stop Business Establishment Center (TOSBEC) is a one-stop consultation service desk to help completing necessary procedures for establishing a company. The national government and Tokyo Metropolitan Government jointly operate this center. In addition to Akasaka, there are satellite centers in Shibuya and Marunouchi. This time, we interviewed Ms. Varada Kulkarni, who has set-up a company to raise awareness of the benefits of yoga and its original breathing techniques.



東京都

User

Relay Interview .....



### Now that I have finished raising my children My thoughts turned to what I would like to do with my life.

I have been doing yoga every day for about 15 years now to keep myself fit and healthy. Now that I have finished raising my children, my thoughts turned to what I would like to do with my life. It was then that I began to think that I would like more people to know about the true benefits of yoga. This is because I have always felt odd with the tendency for people to talk about yoga in terms of its benefits for aesthetics and health.

The essence of yoga is to condition the body and mind through a proper breathing technique. Correct breathing not only helps to improve one's health, but also to reduce stress and lead to living a happier and cheerful life. The wish to make this known to people of all ages has grown stronger.

### I had no idea how to go about setting up a company in Tokyo

I felt that I needed to relearn yoga systematically in order to help people understand the true benefits of yoga, so I enrolled at the Yoga Institute in Mumbai to obtain a national certification to teach yoga. Also, to reach as many people as possible, I wanted to reach out not only to private individuals, but also to businesses or senior citizen facilities. To do this, I thought it would be more effective to set up a proper company, but I had no idea how to go about setting up a company in Tokyo. So, I did some research on the internet and found out about TOSBEC, a center that helps people to start their own business. I scheduled an appointment with them straight away and visited them. That was in October last year.



#### Kenmei Consulting Services

Representative Director - Ms. Varada Kulkarni  
**Profile** /Naive of India. After qualifying as a lawyer in her home country, she also obtained MBA/Finance degree and had a career of about 20 years. In 2006, her husband (works in IT related field) and she moved to Japan where she started working for a Japanese company in the insurance and tax field. Meanwhile, she has been practicing yoga on her own for about 15 years and became a qualified yoga instructor in 2019. In January 2021, she founded her own company to promote the authentic yoga practice in Japan.

### After visiting TOSBEC, it shouldn't be too difficult to set up a company

The first thing that struck me when I visited TOSBEC was the friendliness of the staff and the way they explained things in a clear and concrete way. I thought that if I followed the suggestions given to me, it shouldn't be too difficult to set up a company (laughs). In fact, starting with obtaining Individual Number card, I was assigned a list of documents to be required, each of which was checked by a specialist consultant, and the process went remarkably smoothly. Without the support of TOSBEC I would still have had my head in the sand, such as the drafting of the Articles of Incorporation, the registration of the company, taxation or the insurance matters, just to name a few. I will definitely be consulting with them in the future for further advice on how to expand my business.



#### Quick Advice

It can be overwhelming to figure out what you need to do to set up a company on your own. But with TOSBEC, you can get rid of all these problems at once. I recommend that you visit them first.

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