

Akanista Mindfulness



AKANISTA MINDFULNESS

IMPROVING YOUR MIND TO
CHANGE YOUR WORLD



About The School

Enhancing Human Potential & Preventing Stress by combining science and wisdom.

"We are an online and mobile mindfulness training school. By working with businesses and individuals we develop a type of resilience so needed in this frantic world. We help people draw strength from their natural resources to build successful and healthy lives at home and work."

Karuna Priya
Akanista, Founder.



Authenticity of Our Teachers

100%

Repeat Clients

70%

Clients attribute stress at work to burn out

69%



What We Do

W

Well Being and Performance at Work.
Our Mindfulness training programmes support performance and resilience in the workplace.

S

Stress Support 24/7.

We provide these services to meet the diverse needs of our clients:

One-to-one mindfulness sessions -1hr

Short workshops – 2 hour / ½ or full day

4-week mindfulness course

8-week mindfulness course

One day workshops

NLP (Neuro-Linguistic-Programming)

Life Coaching workshops

Weekend Retreats

4-day retreats in Portugal



100

Workshops Run

500

Active Clients

20

Retreats Run

Services Provided

Responding to the employees' wellbeing agenda needs.

Working with you to support performance and resilience in the workplace.

W

Workshops

2 hour, 1 & 2 day Mindfulness workshops for corporate and personal development.

R

Retreats

2, 4 and 7 day retreats in London, the English Countryside and by the sea in Portugal.

I

Individual

One to One Mindfulness, and life coaching sessions at work, home or one of our studios.

O

Online

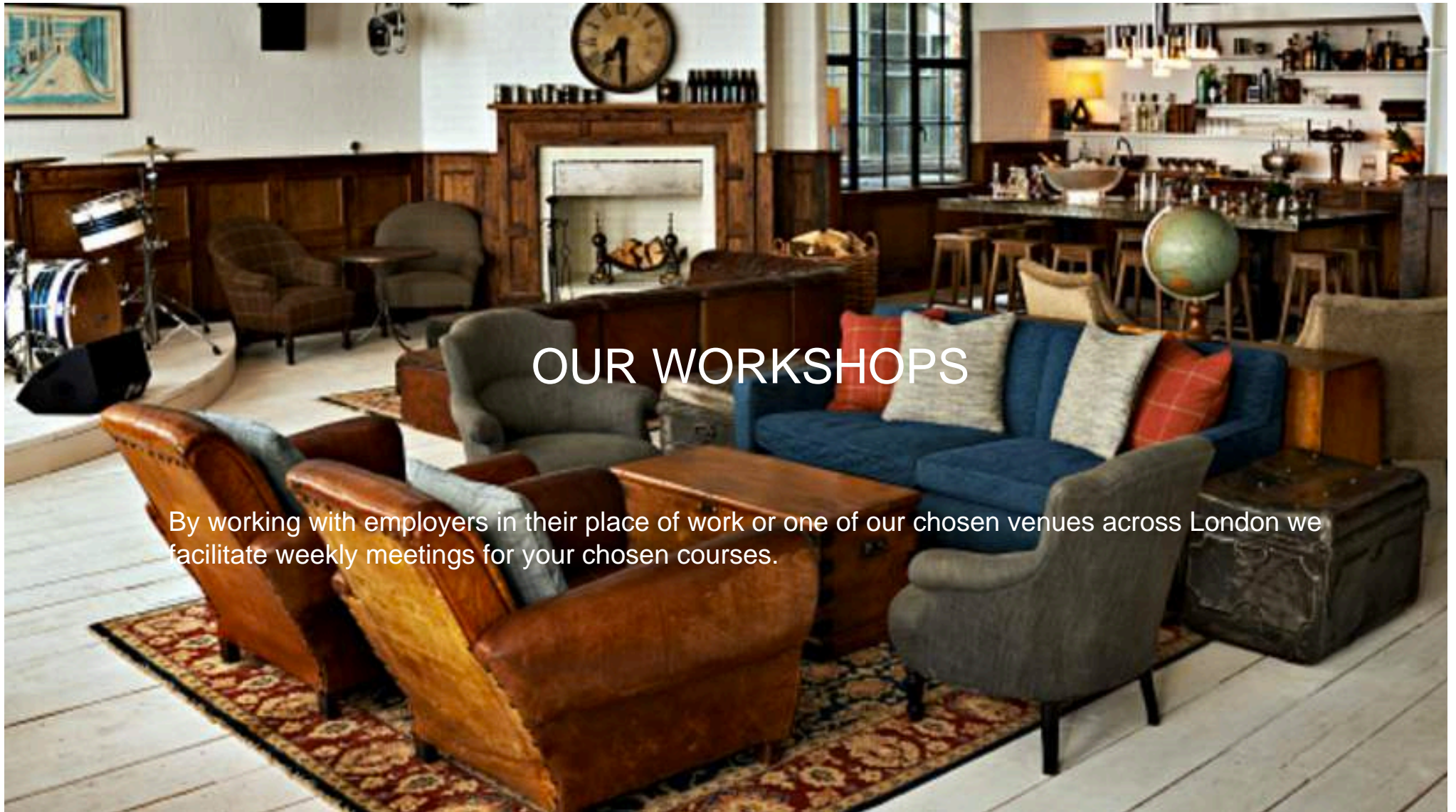
Talks, courses and support. Online mindfulness training sessions.



Workshops and Retreats

Combining mindfulness training techniques, physical exercises with gentle relaxation and music.





OUR WORKSHOPS

By working with employers in their place of work or one of our chosen venues across London we facilitate weekly meetings for your chosen courses.

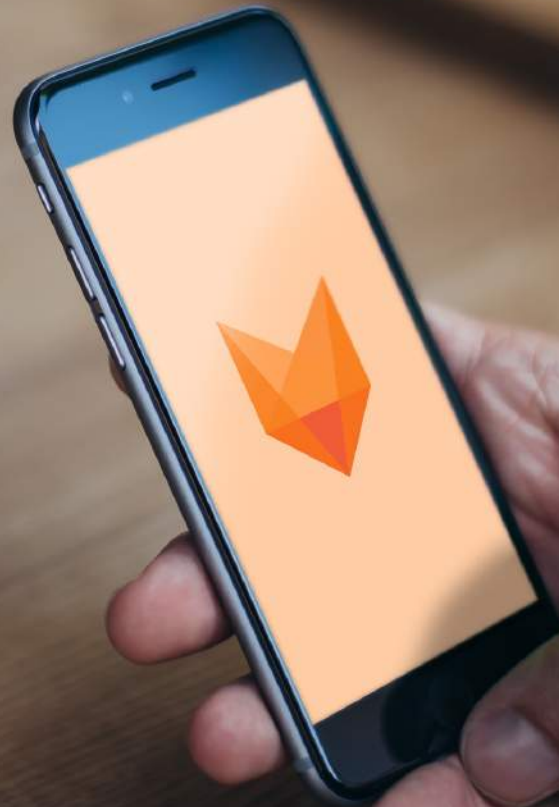


OUR RETREATS

We run retreats that last one weekend, 4 days or 7 days in London, the home counties and further afield on the beautiful coastline of the Algarve in Portugal.

ONLINE

Listening to Akanista Meditation online recordings gives our clients a grounding feeling. The short recordings help people guard themselves against the effects of stress and information overload so they can help themselves succeed.



An aerial photograph of Monaco at sunset. The city is built into a steep hillside, with its lights glowing against the darkening sky. The Mediterranean Sea is visible to the left, and the sun is setting on the right, casting a warm orange glow over the scene.

OUR VISION

By working with employees who support the livelihoods of tens or hundreds of people we work to develop the resilience in human, mental and physical strength. We work to help people draw strength from their natural resources and build successful and healthy lives.



OUR MISSION

We know that good caring employers create loyal, successful and physically strong employees. Our mission is to integrate care and wellbeing programmes into the workplace thereby helping employees attract and retain the best people. We do this by developing employer and employee self-awareness and by tapping into human ingenuity through professional development training programmes and personal coaching services.

Psychological Stress linked to Wellbeing Crisis



69%

A donut chart with a grey outer ring and a yellow inner ring. The yellow ring represents 69% of the total.

of employees take
time off due to stress
at work.



41%

A donut chart with a grey outer ring and an orange inner ring. The orange ring represents 41% of the total.


of employees
reported being
stressed while
working.



131

A donut chart with a grey outer ring and a green inner ring. The green ring represents 131 million lost days.

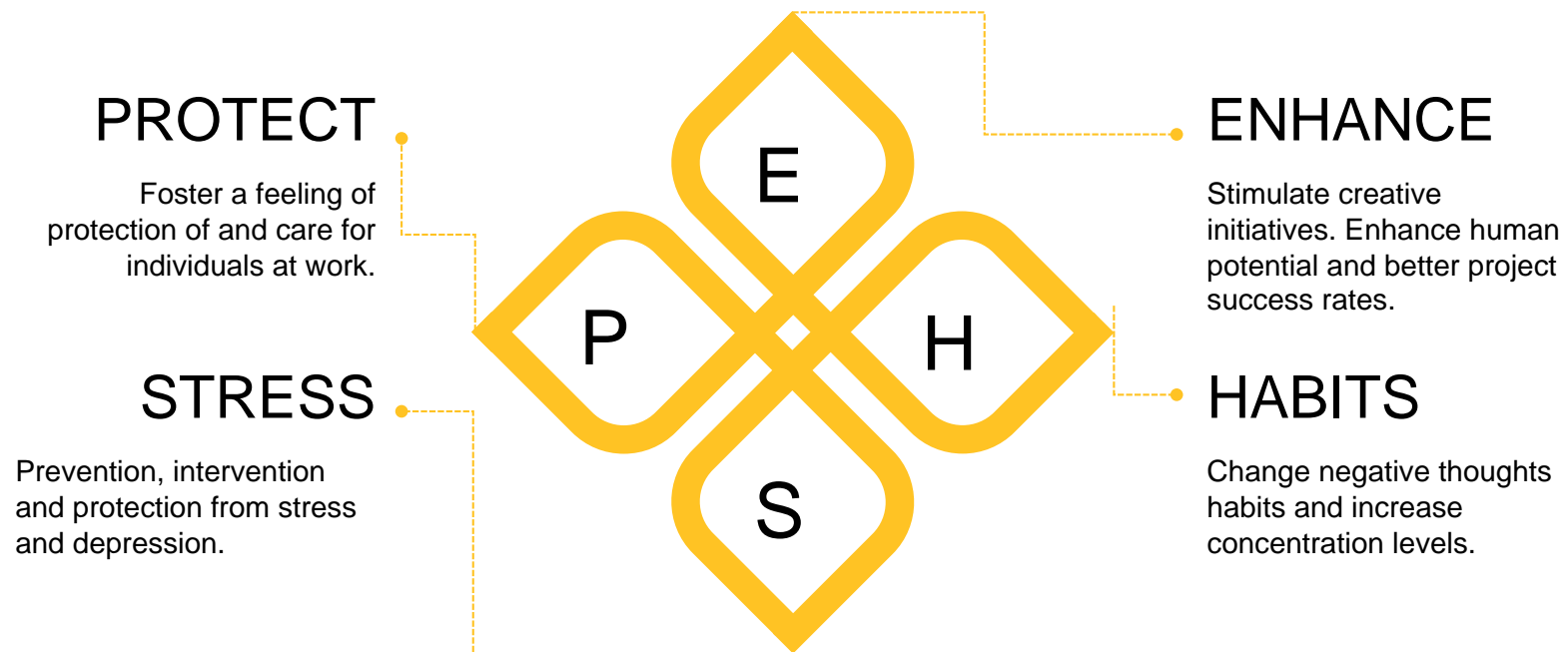
million lost days due
to sickness absences
in the UK in 2014

A black and white photograph of a man from the chest up, wearing a white dress shirt. He is carrying a large, rough, rectangular stone on his back. The stone is very heavy and textured, with visible cracks and pebbles. The man's head is bowed, and his face is partially visible at the bottom of the frame. The background is a plain, light-colored wall.

The negative effects of stress not only influence your sense of emotional fulfilment but your immune system, circulation, hormones and breathing.

We teach people to protect themselves from the effects of stress and information overload so they can help themselves and their organizations succeed.

MODERN CHALLENGES





A message from Karuna Priya.

Individuals can improve their levels of psychological well-being through utilization of the practice of mindfulness meditation, which is defined as the non-judgmental awareness of experiences in the present moment. An 8 week mindfulness course can lead to increases in gray matter concentration in several brain areas. Gray matter holds most of the actual brain cells compared the other structures of the brain.

A recent [study on mindfulness meditation](#) showed that participants had less psychological stress from anxiety, depression and pain.



BUILD NATURAL STRENGTH AND RESILIENCE
THROUGH 'AKANISTA' MINDFULNESS

Karuna Priya

Founder

25 Years as a Mindful Practitioner

15 Years Living as a Monk

5 Years Running 'Akanista' Mindfulness

3 Years Inter-Faith Advisor at Imperial College

Masters at SOAS, Indian Buddhism



Nitima Priya

Founder

7 Years as a Mindful Practitioner

5 Years Training and Practicing Therapy

5 Years Running Akanista Mindfulness

Counselor, psychotherapist, hypnotherapist,
Neuro-linguistic programming.



Rahul Kumar

Head of Research

5 Years as a Mindful Practitioner

PhD Imperial College

Engages with a broad range of companies particularly in the tech start-ups in synthetic biology, edutech and IoT.

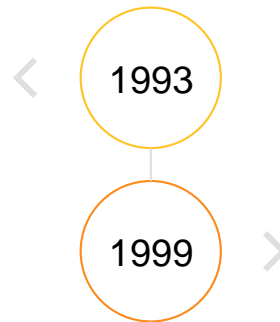
Monitors training and produces meticulous research to provide measurable impact of mindful practice.





Bangladesh

At the age of 8 Karuna was a monk in the hill tracks of the Chittagong mountains.



Sri Lanka

At the age of 14 Karuna studied BA Hons meditation and mindfulness in Sri Lanka under Professor KL Dammajoti Phd.

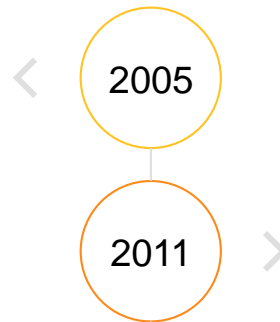
Our Company Timeline

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SOAS

Karuna gained his Masters in Indian Buddhism at SOAS.



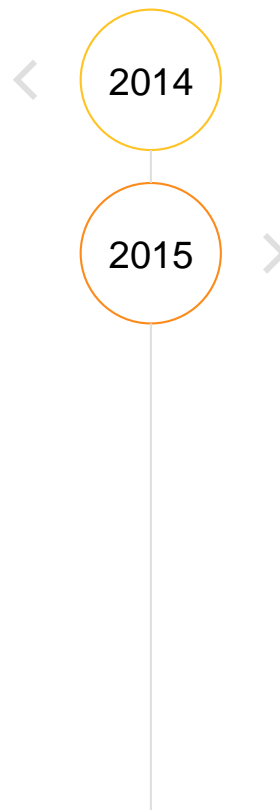
Akanista

Karuna founded Akanista with his wife Nitima, an integrative therapist and mindfulness teacher. They set up weekly classes in four studios in London and begun running weekend retreats.



Save The Children

Karuna and Nitima piloted the first Mindfulness training course in an organizational setting with Save The Children in London. They observed reduction of stress and increase in social engagement and communication. Managers were also able to manage conflicts within organization.



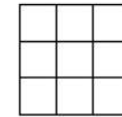
Imperial College

Karuna partnered with Imperial College researchers to measure KPI's for organizations undertaking Mindfulness Training.



Retreats in UK and Portugal

Extended retreats in the UK near London and Portugal on the Algarve Coast.



SOHO HOUSE

LONDON

Soho House

Partnered in 2016 with Soho House
Shoreditch events team to deliver
Mindfulness Training to their Members.

01

Mindfulness and being authentic has been Karuna's life's work. Karuna and Nitima are looked upon as London's most authentic teachers of mindfulness.

Authenticity

02

Anyone of Karuna's clients will say that there is something undeniably special and life changing about the way his teachings affected their lives.

Unique Style

03

Proven track record. Akanista is extolled by CEO's, entrepreneurs, TV personalities, parents and psychologists. See testimonials below.

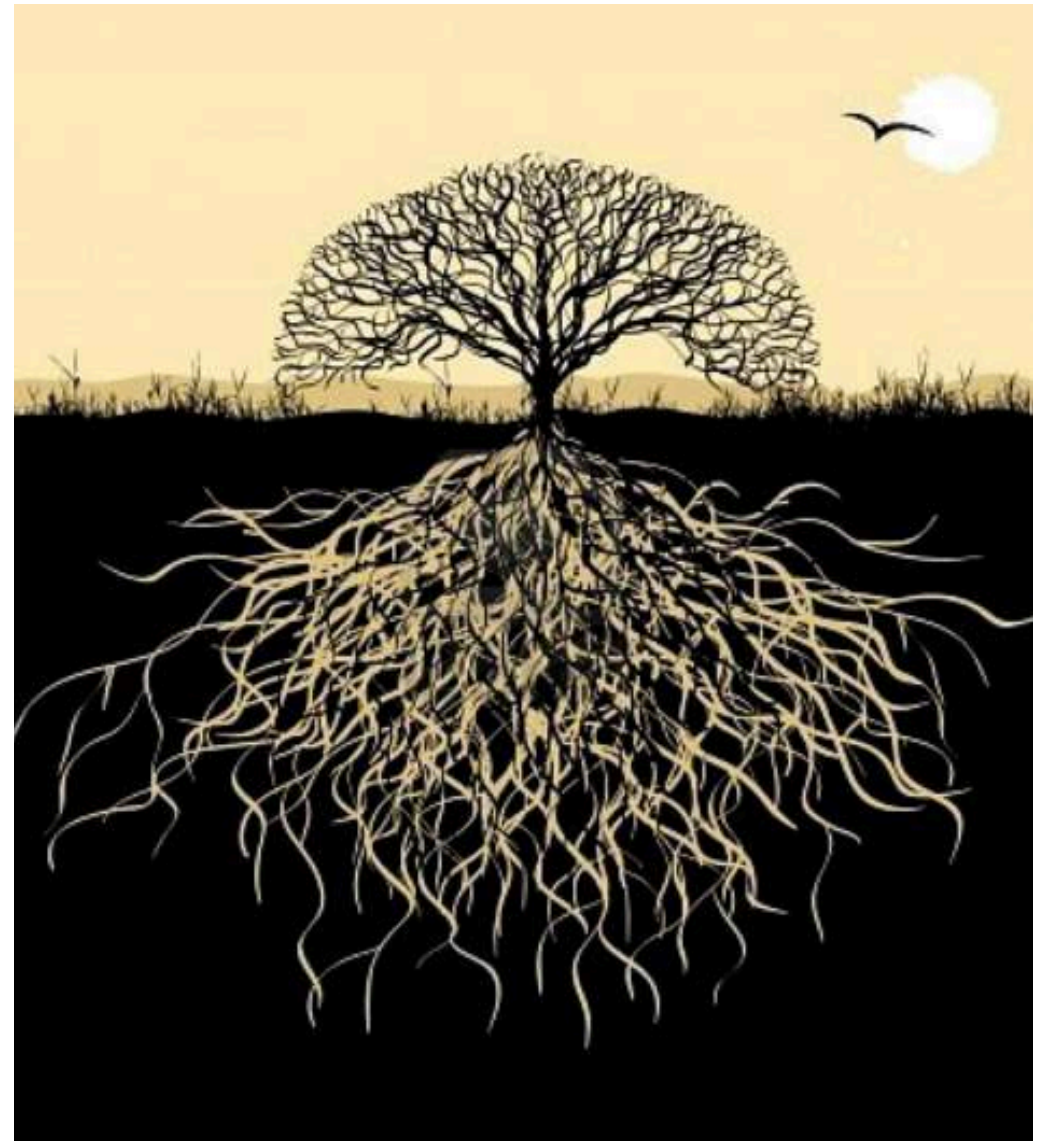
Track Record

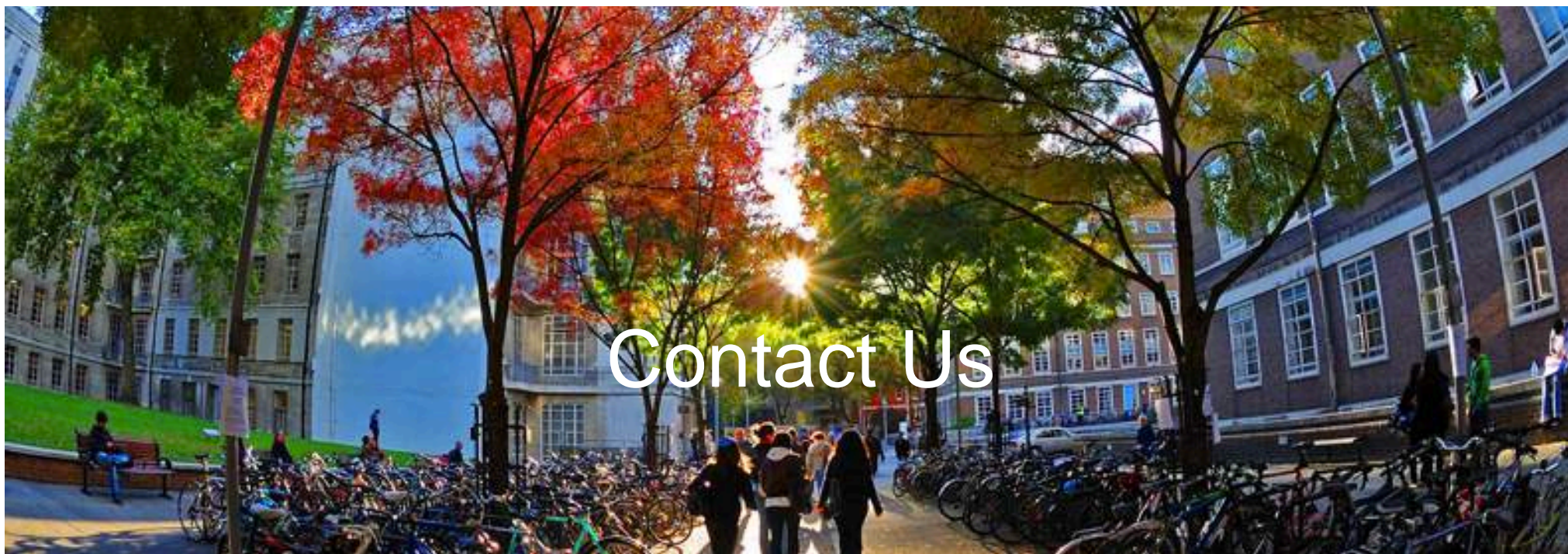
Testimonials

“I have been meditating ever since we met.”
Editor of the Psychologies Magazine.

“I felt fantastic. So much more grounded and this was a massive lesson in dealing with stressful situations. Karuna has something really special about him.”
CEO Maia Luxury.

“His teachings were profound and his meditation training was a life changer for me”
Designer, Sothebys.





Contact Us



Contact us to arrange your consultation.



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[akanista4u](#)