

From Founder

I want to sincerely thank you for being here.

Anaya began as a quiet idea during my postgraduate studies.

Growing up within a hybrid cultural environment taught me early that people cannot be reduced to a single framework. No method, theory, or lens is universally sufficient. Each person is shaped by culture, upbringing, and lived experience, and any meaningful approach must honour that complexity. These understandings were also shaped and deepened through my academic studies in psychology.

Anaya is my response to this understanding, an ongoing practice of bringing it into a modern, fast-moving world in a way that feels more intentional, grounded, and human. It continues to be shaped by my ongoing exploration in psychology.

It exists in relationship with the wider world: its people, cultures, and natural environments. Through seasonal, limited pieces and collaborations with local artisans, we seek to contribute thoughtfully, supporting initiatives in mental health, environmental care, and cultural preservation where we can.

My academic background includes a Bachelor of Business, a Graduate Diploma in Arts (Psychology), a Postgraduate qualification in Arts, and 200-hour Yoga Teacher Training (YTT200).

Welcome to Anaya.

Warm regards

A stylized, handwritten signature in white ink, consisting of several fluid, connected strokes.

Ayu

ANAYA