

Trigger
the **Aepien gene**
in you.



aepiens
■ *action & movement studio*

About us

Shravan's Aepiens

Since 2010, we've been pivotal in popularizing Parkour and Freerunning across Kerala. Our expertise extends to stunt direction in numerous movies, short films, and music albums. We've provided Action and Parkour training to over 70 celebrities and actors for various film projects.

In 2017, we took our passion further by initiating classes and workshops, offering structured training to aspiring athletes and enthusiasts. Recognizing a void in the Malayalam film stunt industry, we're eager to contribute that missing piece. Our stunt direction expertise covers fight choreography, high-risk stunts, wire work, and action sequence planning, ensuring safety and cinematic excellence. We collaborate with filmmakers to design realistic and visually compelling action scenes tailored to their vision. Our stunt training programs equip actors, stunt performers, and enthusiasts with essential skills such as breakfalls, rolls, combat techniques, and advanced stunt maneuvers, helping them perform with confidence and precision.

Our Services



1. Classes & Workshops



2. Film Stunt Training



3. Movement Training



4. Stunt Direction



Meet The Trainer

Shravan Satya

Founder | WFPF Affiliate

Shravan Satya, a renowned stunt director and celebrity trainer, is Kerala's only athlete affiliated with the **World Freerunning Parkour Federation (WFPF)**. Since beginning his parkour training in 2010, Shravan has carved a niche in the industry with his exceptional skills and dedication. He has trained over 70 celebrities, including notable figures like **Lukman, Naslen, Shane Nigam, Siju Wilson and Pranav Mohanlal**. Shravan's expertise and innovative techniques make him a sought-after professional in the realm of stunts and parkour, inspiring many with his journey and achievements.

Our Studio

Welcome to the largest parkour gym in Kerala, located in the heart of Kochi. Our state-of-the-art, 20-foot-high warehouse gym is designed to provide a safe and dynamic environment for training.

Features and Equipment:

- **Specialized Foam Flooring:** Durable and impact-absorbing mats ensure a safe and comfortable surface for all sessions.
- **Safety Beds:** Essential for practicing high-impact moves and soft landings.
- **Calisthenics Bars:** Perfect for strength training and learning skills.
- **Warped Wall:** A thrilling challenge for developing speed, agility, and precision.
- **Parkour Walls:** Designed for climb-ups, Wall flips and other parkour wall techniques.
- **Peg Board:** Ideal for improving grip strength and coordination.

- **Foam Blocks:** Versatile tools for jump practice, flips, and obstacle setup.
- **Vault Boxes:** Essential for mastering vaults and transitions.
- **Trampoline:** For developing aerial awareness and practicing flips.
- **Spring Boards:** Perfect for beginners learning to jump higher and land safely.
- **Special Harness System:** Multi-purpose harnesses used for film stunt training and learning advanced movements in a controlled setup.

Systematic Training Approach:

Our sessions are designed to be beginner-friendly, making every move feel achievable. The learning path is scientifically structured, with clear explanations and step-by-step progressions to ensure safety and skill development.

Whether you're a beginner or an experienced athlete, our facility offers everything you need to elevate your skills.



Action Training

The Indian film industry is evolving to match various levels of requirements in actors one among them is the skill-equipped stunts to portray the very best of the character they play. As a part of developing this culture in our film industry, as seen in others, we introduced and designed our methods of action training which commences from basics to the pro level. Our trainers have notable experience in stunt direction as well as working along with top masters in Malayalam and Tamil film industries.



What's Included

- Strength & Conditioning (Agility, endurance, flexibility)
- Parkour, Freerunning & Movement (Vaults, flips, wall runs)
- Action & Reaction (Hit reactions, stunt timing)
- Punches & Kicks (Striking techniques, combos)
- Stunt Falls & Breakfalls (Safe landing & falling techniques)
- Fight Choreography (Cinematic fight design)
- Rigging & Wire Work (Stunt harness)
- Weapon Training (Staff, knife, sword, gun)



Packages

10 Sessions Package

Duration: 90 minutes per session

Validity: 45 days (from the date of first session)

₹12,000/-

20 Sessions Package

Duration: 90 minutes per session

Validity: 90 days (from the date of first session)

₹22,000/-

Single Session

Duration: 90 minutes per session

₹1,250



Time slots

Clients can book sessions from Monday to Saturday in the following time slots:

- 6:30 AM – 8:15 AM
- 9:00 AM – 10:45 AM
- 11:00 AM – 12:45 PM
- 3:00 PM – 4:45 PM
- 5:00 PM – 6:45 PM

Our policies

Booking & Availability:

- **Slot Booking Priority:** Slots are prioritized for clients who opt for the 10-session package. If a slot is already booked by a regular client, it cannot be booked by others.
- **Availability Check:** Clients can check availability through WhatsApp or the website and select slots based on their preferred time and frequency.

Frequency & Flexibility:

- **Flexible Frequency:** Clients can decide the frequency of their training (e.g., 1-6 times per week or more). Sessions must be completed within the validity period.
- **Advanced Booking:** Clients must pre-book sessions at least 24 hours in advance.

Rigging Training Policy:

- A rigging session will be considered as two sessions from the package.
- This applies due to the specialized nature of rigging, additional safety measures, and setup involved.

Payment Policy:

- Advance Payment: Full payment is required in advance to secure and book the training slot.
- No Partial Payments: Partial or installment payments are not accepted. The full fee must be paid upfront for booking sessions.
- Refund Policy: Fees are non-refundable once the sessions are booked, except in cases of serious injury or illness with valid documentation.

Postponement & Skipping Sessions:

- Postponements: Clients are allowed to postpone once per session if they inform you at least 12 hours in advance.
- Postponements can be rescheduled within the validity period (45 days) but cannot be carried over beyond that period.
- If a client needs to postpone more than once for the same session, the session will be considered used and cannot be rescheduled.

Skips (No-show or Cancellations):

- If a client misses or cancels without 12 hours' notice, the session will be considered used.
- There will be no refunds or replacements for missed sessions under this scenario.

Gallery







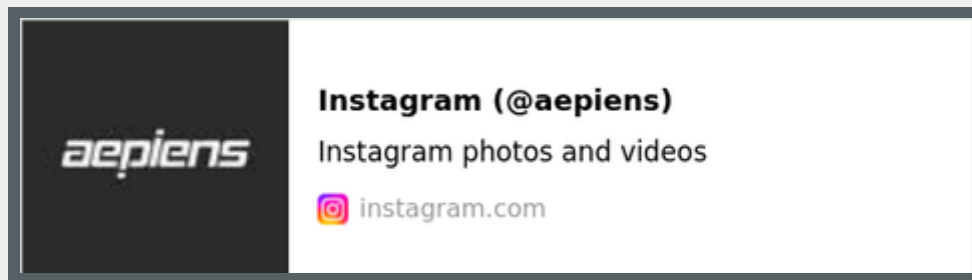


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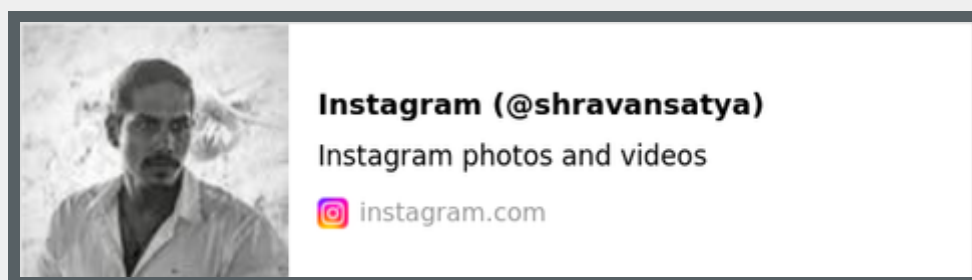
Our Social media



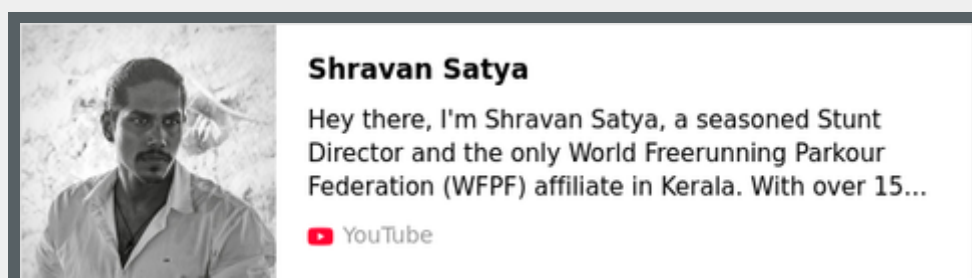
Aepiens - Instagram



Shravan Satya - Instagram



Shravan Satya - Youtube channel



Our Contact



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