

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 80 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. To ensure comprehensive skill development, we have designed an **8-level curriculum and certification program**. This curriculum is tailored to guide practitioners from foundational techniques to advanced skills, emphasizing safety, progression, and mastery. It aims to standardize Parkour coaching and set a benchmark for excellence in the field.

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, Arjun ashokan, Roshan mathew, 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.



Certification

Our **8-level Parkour Freerunning curriculum** is meticulously designed to guide practitioners from beginners to advanced athletes. Each level focuses on mastering key skills, including agility, strength, precision, and flow. The program emphasizes safe progression, ensuring students build a strong foundation before advancing to complex techniques. It integrates theoretical knowledge, practical training, and creative problem-solving to develop well-rounded parkour practitioners. Upon completing each level, participants earn certifications that recognize their achievements, offering a clear pathway for skill development and professional growth in Parkour and Freerunning.

Fees & Timings



Parkour Freerunning Classes (Above 13)

Evening Batch – 7 pm – 9 pm

Tuesday, Thursday & Saturday

12 classes/month (3 classes/week)

Admission fees: ₹1000/-

Monthly fees: ₹3000/-

8 classes/month (2 classes/week)

Admission fees: ₹1000/-

Monthly fees: ₹2500/-

4 classes/month (1 class/week)

Admission fees: ₹1000/-

Monthly fees: ₹1500/-

Punching System

Punching System for Classes

To make your training experience seamless, we use a punching system:

- Every time you attend a class, we **punch your Class Pass**.
- Packages available: **4, 8, or 12 classes**.
- Each package is valid for **45 days** from the first class, so you never miss a session.
- Once your sessions are completed, you can **renew or top-up** your pass to continue training.

Instructions to Join

1. Attend a Free Trial Class

- Experience a **FREE** trial to see if it's the right fit.
- Book via **WhatsApp**.

2. Choose Your Package

- Select from **4/8/12** classes packages. Combine Parkour and Freerunning Training for a versatile experience.

3. Pay Admission Fees

- Join by **paying the admission fee** and the chosen **package fee**.
- Please fill out both the **online and offline registration forms**, and provide **soft and hard copies of your ID card** before your first session.

4. Certification Tests

- Complete bimonthly certification tests to progress to the next level.

5. Prepare for Your First Class

- Wear comfortable athletic clothing and bring a water bottle.
- **Training Shoes Policy:** Keep **studio-only shoes** for training.

Gallery







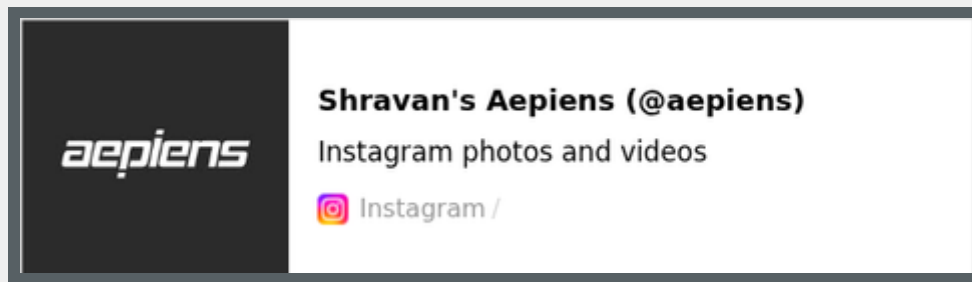


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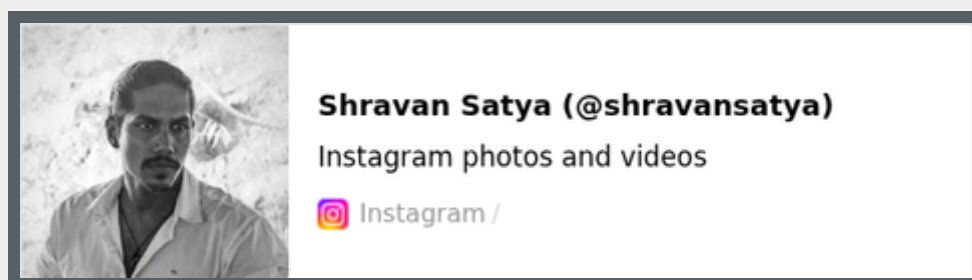
Our Social media



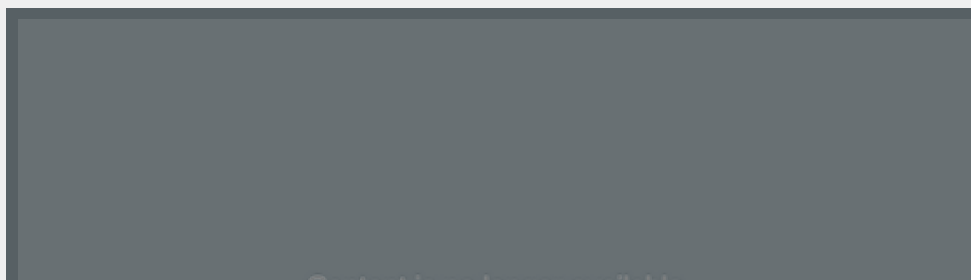
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Shravan Satya - Instagram



Shravan Satya - Youtube channel



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