



THE AKIRA CONCEPT



With an expansive perspective on life and wellness, I possess an authentic enthusiasm that is as infectious as it is instructive. I look forward to sharing space and wisdom with you.

David A Newton

MEET DAVID NEWTON

My passion, work and philosophies focus on joy factor, graceful aging and authentic wellness and I enjoy sharing my wisdoms for all that is connected to a successful and healthy life. My foundation in wellness comes from a lifetime of being active and being involved in mindful movement, competitive sport and fitness, as well as having an interest for realizing a heightened sense of connection.

I am a Personal Trainer, Yoga Teacher, Indoor Cycling Instructor, Ironman Triathlete, Human and Equine Reiki Practitioner, and the creator and facilitator of The Akira Concept Programs: Future Proofing and Counter Action. I have worked in the fitness industry for almost three decades, holding certifications across a gamut of trainings and I have been an accredited examiner and judge for national competitive sport associations.

I am passionate about sharing my experience based-wisdom and programs on a quest to create community and foster wellness for all.

Please connect with me on LinkedIn for my full CV.



WHAT IS THE AKIRA CONCEPT

**The Akira Concept is
a state of being ...
a way of life.**

Future Proofing and Counter Action
are both designed to connect us
to foundational and natural
movement patterns that
guarantee an ongoing nourished
and healthy, dynamic life.

Physical and mental complacency
as we age is not an option.

You will never move your body
or engage your brain the
same way again.



#TheAkiraConcept

SHARED SPACES EXPERIENCES + TEACHINGS

All experienced-based programs powered by The Akira Concept are intensive, yet gentle, and are delivered with the intent and purpose of having you invest in a healthier body and mind. Future Proofing and related workshops and clinics offer a balanced approach that serves all participants well beyond their attendance.

We look forward to discussing which format would be best for you, or designing a custom workshop with you.

FUTURE PROOFING

delivered in studio space or in home, on mats

Private 1-25 people 3 hours

Foundations Fast-Track 90 minutes

The Series 3 sessions x 60 minutes each

Public Workshops 2 or 3 hours
(schedule on davidnewtonwellness.com)

Custom

COUNTER ACTION

delivered in studio on mats, in a boardroom, at workstations

Private 45 minutes

Private 90 minutes

The Series 5 sessions x 45 minutes each

Custom

BENEFIT WORKSHOP

delivered anywhere

Custom



FUTURE PROOFING

Can you imagine where you'll be next year, or in ten years, if you start moving "properly" today?

We all know to save for our retirement, financially speaking, but how are you investing in your body and mind?

Future Proofing is an intensive yet gentle, training program and clinic.

We have created this radically different approach to awareness and body movement that will allow you to increase your strength and mobility, expand on your functional abilities, improve your health and move closer to your personal wellness goals, no matter your age or stage in life.

Future Proofing is "the process of anticipating the future, and developing methods of minimizing the effects of shocks and stresses of future events" – how fortunate are we to be able to have the opportunity to influence how well we live in our own bodies?

Whether you currently experience chronic pain, have an injury and are rehabilitating, or simply want to prevent premature aging, the best thing you can do is to move your body ... properly.

This experienced-based program includes 3 hours of education and practice in a small group setting with personalized attention and a focus on outcomes. Future Proofing offer a balanced approach that goes beyond your attendance.

You will learn a sequence of movements designed specifically for you to be able to practice on your own, whenever and wherever you wish – without hijacking your already busy day. Our intention is to teach you and inspire you to identify issues before they become chronic, to learn proper body movement in order to navigate your days with more ease and grace and less pain, to workout more effectively and efficiently and to live a more connected and aware life.

We assure you that you'll be working towards preventing breakdown, fortifying your efforts in fitness and wellness, and investing in a healthier body and more powerful mind.

#GetFutureProofed

DavidNewtonWellness.com



COUNTER ACTION

Negative workday stress, the way we sit at our desks and our limited mobility all allow stress to accumulate within our bodies and minds. This longevity-based program is designed to combat and counteract these stressors, resulting in a healthier body, a happier mind and a more productive and harmonious team.

Contrary to what we may feel or hear, there is nothing wrong with our workday, but it is about what we do when we are not working, and also what we can do better or differently while we are working.

We have so many powerful tools available to help us enhance our mental health and wellness, including knowledge, practice and belief. Once we are made aware of what we can do, and the positive effects it can have on us, we can make better choices for ourselves.

We have created this radically different approach to awareness and body movement that will allow your team to increase their strength and mobility, expand on their functional abilities, improve their health and move closer to their own personal wellness goals, no matter the age or stage in life resulting in a happier, healthier and more productive work environment.

How fortunate are we to be able to have the opportunity to influence how well we live and work in our own bodies?

Uniquely, Counter Action, designed specifically for the corporate environment, does not use or refer to metrics – there is no movement pattern that must be done a certain number of times, and there is no mandated frequency on practice. The last thing anyone wants to learn at work is how to add to their list of daily requirements. It is an individual practice, even though it is taught in a group setting. We teach and model a sequence of movements that can be done in comfortable clothing (no changing required) designed specifically for each person in attendance to be able to practice on their own, whenever and wherever they wish without hijacking their already busy day. Often the program is done on yoga mats, but can also be delivered in a board room or classroom setting.

Our intention is to teach and inspire corporate teams to identify & correct issues before they become chronic, to learn proper body movement in order to navigate work life with more ease and less pain, to manage stress mindfully, and to be more efficient and effective in all activities.

We look forward to sharing our wisdom-based experience and having a profound impact on your team and culture.

#GetFutureProofed

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BENEFIT WORKSHOP

What is a Benefit Workshop?

We have created the Benefit Workshop to be able to offer Future Proofing Foundations, a condensed, fast-track version of Future Proofing, with no fees to participants, with hopes of offering more people everywhere the opportunity to learn healthy foundations to live and move well. It is an experienced-based program that includes 1.5 hours of education and practice ... with benefits.

We are actively seeking sponsors and hosts for the Benefit Workshop model in order to offer access to our programs to all. Together, we can support and invest in people's efforts in fitness and wellness working towards a healthier body and more powerful mind for all.

Our intention is to teach and inspire everyone to identify issues before they become chronic, to learn proper body movement in order to navigate the day with more ease and grace and less pain, to workout more effectively and efficiently and to live a more connected and aware life.

All Benefit Workshops are custom built from choosing an organization to support, the location, number of participants and sponsors. We look forward to creating a meaningful event with you.

NO GIMMICKS SUPPORTING GOODS

The fitness and wellness industry is riddled with gimmicks and “magic bullets”yet there are none.

All programs by The Akira Concept are self-sustaining, meaning that they can be delivered in any space - on yoga mats, around a boardroom table, in the comfort of your own home, in a community centre, in a school and so forth.

You can practice everything you learn anywhere, at any point during your day. You simply need the motivation to do this ... and we provide this as well.

We do take great pride in curating what we believe to be best in class, supporting goods and props.

Please go to davidnewtonwellness.com under Favourite Things to learn more about what we recommend and why.

We are able to provide gift packs and samples along with any workshop, should you wish.





TESTIMONIALS

Besides being a gifted instructor, David is passionate about body awareness, mindfulness and the idea of aging gracefully and with strength. This workshop is ideal for anyone that is interested in maintaining physical strength and mobility, especially joints.

~*Laura Cerlon, Director, Client Services & Strategic Content Labs Sales*

There are so many exercise, meditation, muscle conditioning and mindfulness programs available out there and so little time to devote to all of them. Future Proofing is different, though. It's concentrated, meaningful learning about all aspects of preventative movement, body awareness and balance. David's experience and knowledge on so many levels contribute to "overall body awareness" and his methods are applicable to everything we do, movement wise, on a daily basis: Getting in and out of cars, walking up and down stairs, posture, muscle symmetry--his lessons stay with you on a conscious level. It's not so much the class itself as it is how he sparks awareness and action you can apply to everyday engagement, management and maintenance of your muscles. Instead of taking weekly classes, I treat Future Proofing classes as investments towards my present AND future health.

~*Nancy Kopman, Children's songwriter, performer, recording artist*

David is passionate about all elements of fitness (physical, mental and spiritual) and everyone he works with. He is a fitness expert, totally engaged in his work, and makes training/workouts a learning experience, productive and most importantly, a lot of fun. He is truly a pleasure to work with.

~*Mark Greenfield, Director, Operational Services, Bank of Nova Scotia*

David is a motivational force for me and has taught me good habits to a healthy and fit lifestyle. In my work and my busy life, I always go back to what David has taught me.

~*Zore Ghods, Real Estate Agent*

BETTER TOGETHER FRIENDS + SUPPORTERS

We count on and we are grateful for these brands and people every day - they support our daily life, our work and are aligned with our values for better living, and we are delighted to be able to support them as well as we work together for a healthier and more harmonious world.



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CONNECT DIRECTLY
dn@davidnewtonwellness.com
416 723 3314

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