Nikita Thakrar

TEDx Speaker | Author | Educator | Founder of Journey from Karma to Dharma™

Purpose. Creativity. Transformation. Conscious Living.



Nikita Thakrar blends powerful storytelling, ancient wisdom, embodied practice and practical reflection to help audiences move from old patterns into purpose, clarity and aligned living.

Her TEDx Truro talk, **"Dance with your dharma: Creativity as the bridge from chaos to clarity,"** explores how creativity, movement and expression can help people navigate uncertainty and reconnect with their deeper purpose.

Website: www.journeywithnikita.com

Social Media: Journey with Nikita

Purpose & Dharma | **Creativity & Movement** | **Wellbeing & Resilience**

SIGNATURE SPEAKING TOPICS

1. Dance with Your Dharma: Flowing with Purpose

Creativity as the bridge from chaos to clarity.

This keynote helps audiences understand creativity as a powerful pathway through uncertainty. Through storytelling, movement and reflection, Nikita invites people to reconnect with their inner rhythm and use creative expression as a way to access clarity and purpose.

Audience takeaway: Audiences leave inspired to see creativity not as something reserved for artists, but as a practical tool for navigating life and flowing with greater purpose.

2. Journey from Karma to Dharma™: From Patterns to Purpose

Moving from old patterns into purpose, alignment and conscious living.

This talk guides audiences to recognise the unconscious patterns, inherited beliefs and repeating cycles that may be shaping their choices. Nikita offers a grounded perspective on how awareness, mindfulness and conscious action can help people move from reaction to alignment.

Audience takeaway: Audiences leave with a clearer understanding of the patterns that keep them stuck, and practical insight into choosing purpose, alignment and conscious living.

3. Dharma over Drama: Turning Pain into Purpose

A personal story of healing, resilience, identity and transformation.

In this deeply personal talk, Nikita shares her journey of healing, reinvention and inner resilience. She explores how life's breakdowns can become gateways into self-discovery and transformation when people are willing to look deeper and reclaim their story.

Audience takeaway: Audiences leave empowered to reframe challenge, illness, loss or transition as an invitation to grow, awaken and transform pain into purpose.

Speaking Themes

- Patterns and purpose
- Creativity and self-expression
- Personal transformation
- Resilience and healing
- Mindfulness and wellbeing
- Movement and embodied wisdom
- Conscious living
- Business and entrepreneurship

Ideal Audiences

- Corporate wellbeing events
- Conferences and leadership events
- Women's networks
- Personal development events
- Wellness festivals and retreats
- Education and youth events
- Creative and cultural organisations
- Purpose-led business communities

SPEAKER EXPERIENCE

Formats Available

- Keynote talk
- TED-style talk
- Interactive workshop
- Keynote with movement experience
- Corporate wellbeing session
- Retreat session
- Panel discussion
- Fireside conversation
- Podcast guest appearance
- Bespoke transformational experience

Selected Credentials

- TEDx Speaker
- Author of Meditation through Poetry
- Founder of Journey from Karma to Dharma™
- Founder of Dancing Nikita Company and DNC Studio
- Award-winning entrepreneur
- Classical Indian dancer and teacher
- Educator with over two decades of experience
- Holistic wellbeing mentor
- Reiki and energy healing practitioner

What Makes Nikita's Talks Different

Nikita does not simply deliver information. She creates an experience. Her talks combine personal storytelling, practical reflection, ancient wisdom, creativity, movement, mindfulness and emotional insight. Audiences are invited to not only think differently, but to feel, reflect and reconnect with themselves.

Current Speaking Fees

Virtual Engagements

- Keynote or talk, up to 60 minutes: from £1,000
- Workshop or interactive session, up to 90 minutes: from £1,500

In-Person UK

- Keynote or talk, up to 60 minutes: from £2,000
- Workshop or interactive session, up to 90 minutes: from £2,500
- Half-day keynote plus interactive workshop: from £3,500
- Full-day experience or retreat-style format: from £5,000

International

- Keynote or talk: from £5,000, plus travel and accommodation
- Workshop, retreat, or extended experience: from £7,500, plus travel and accommodation

Fees may vary depending on event format, audience size, location, preparation required and whether the session includes a keynote, workshop, movement, performance or bespoke content. Selected introductory opportunities may be considered where there is strong brand alignment, audience fit or meaningful potential for future speaking work.

Short Bio

Nikita Thakrar is a TEDx speaker, author, educator, award-winning entrepreneur, Kathak dancer and founder of Journey from Karma to Dharma™. With over two decades of experience in creative arts, movement, mindfulness and holistic wellbeing, she helps audiences move from old patterns into purpose, clarity and aligned living.

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