



CONSCIOUS KENYA  
community for holistic living

## Well-Being Hub & Conscious Community

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Conscious Kenya is Kenya's leading community, marketplace and resource hub for all things holistic wellness.

Our mission is to facilitate ease of access to professionals, therapies, events, workshops, courses, retreats, products and venues that provide nourishment and wellness for body, mind and soul.



# Your One-Stop Shop for Holistic Wellness

We bring together enthusiasts, consumers and providers of yoga, nutrition, meditation, mindfulness, holistic therapies, mental health, coaching and other healing modalities in one vibrant community.

Our platform is designed to increase ease of communication, networking, transaction and collaboration within these communities to help foster both individual and collective harmony and wellbeing.



CONSCIOUS KENYA  
community for holistic living

Therapies Directory Events Workplace wellness About [Sign up / Sign in](#)

Type here to find wellness events, therapies & more

### Anu Surty

Certified Colon Hydrotherapist & Detox Specialist

To help more people benefit from the life-changing benefits of holistic health, Anu founded Kreo Cleanse – a unique, first of its kind Detox centre in Kenya, that provides comprehensive and customized detox of the whole body with protocols that cover physical detoxification, nutritional guidance and support combined with energy healing to cleanse the body at an auric level to totally clean and heal your body.

[Book an appointment](#)  
[Message Sonia](#)  
[Connect with Sonia](#)  
[Recommend Sonia](#)  
[Contact info](#)

[Send message](#) [Share Profile](#)

[Wellness Offers](#) [Practice information](#) [Articles](#) [Reviews](#) [Resources](#)

#### Anu's Offers



**Aroma Glow Massage**  
Kes 6,000  
1 hour [Book](#)



**Himalayan Salt Glow**  
Kes 5,000  
60 Minutes [Book](#)



**Colon Hydrotherapy**  
Kes 8,000  
75 Minutes [Book](#)

#### Anu's Events



**Detox on the Beach**  
Nov 04, 2022  
Watamu  
From Kes 65,000 [View](#)



**The Power of Your Breath**  
Jun 24, 2023  
Sandal Farm  
Ksh5,000.00 [View](#)



**Detox Weekend**  
Jun 03, 2022 T  
Lerruat Log Resort  
40,000.00 [View](#)

#### Anu's Reviews

Evelyn  
When I count my blessings, Kreo Cleanse is one of them. Thank you very much for the renewal, I commit to stay on track and keep in touch.  
★★★★★

Steve Kairu  
I was feeling sluggish and bloated, lost of energy as well now after doing my 7-day cleanse I feel light and energetic. Learning about my diet has been helpful and plan to follow the advice given.  
★★★★★

Bhavana  
I was feeling blocked and soo much anger in my system. Am grateful to Kreo Cleanse. I feel lighter, rejuvenated, and most of all at peace.  
★★★★★

# Practitioner Directory



**Genevieve Nanji**  
Kundalini yoga instructor  
[View profile](#)  
[message](#)



**Dhara Solanki**  
Mental Health First Aid Coach & Trainer  
[View profile](#)  
[message](#)



**Ekta Bid**  
Play Therapist  
[View profile](#)  
[message](#)



**Jean Sangale**  
Breathwork facilitator  
[View profile](#)  
[message](#)

- Get listed on the Conscious Kenya Practitioners Directory, a trusted and vetted hub for all practitioners.
- Customers are able to filter by services, and practitioners are easily accessible (*like Yellow pages for wellness*).
- Links to your personal profile which is a personalised webpage about you and your services.



**ZENESIS RETREAT AND WELLNESS CENTRE**

Bringing Excellence To Mental Health. Ending Stigma linked to Mental Health Treatment. ZENESIS Retreat and Wellness Centre is a place of refuge for your mind, body and soul; We provide individuals and families struggling with addiction and mental health access to highly qualified and experienced team of Specialists and a serene and discrete environment for treatment. Our services include Counseling, yoga, meditation and others. Escape the stress of everyday life, get help, find peace and balance in your life in a safe and healthy setting.

Ngong, Kajjado County  
 0708 662259  
 info@zenesiswellness.co.ke  
 zenesiswellness.co.ke  
 Weekdays 9:00am - 10:00am Weekends 9:00am - 12:00pm  
 ★★★★★

[Send Message](#)

### Wellness Offers



**Yoga**  
Regular Yoga classes

[View](#)



**Healing Sessions**  
Group & individual therapy

[View](#)



**Physical Wellness**  
Physiotherapy and more

[View](#)



**Mindfulness**  
Group meditations

[View](#)

### Yoga Schedule

April 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Times are in (GMT-04:00) Eastern Time

11:15 AM	11:30 AM	11:45 AM	12:00 PM
12:15 PM	12:30 PM	12:45 PM	1:00 PM
1:15 PM	1:30 PM	1:45 PM	2:00 PM
2:15 PM	2:30 PM	2:45 PM	3:00 PM

[< Earlier Times](#) [Later Times >](#)

Number of Guests

Please Check Booking Details and Confirm

Service name: Half Day City Tour  
 Starts: June 22, 2023 12:00 pm  
 Ends: June 22, 2023 4:00 pm  
 Lasts: 4 hours  
 Price: \$20.00

First Name\*

Last Name\*

Email\*

Note

[Add to Cart](#) [Cancel](#)

# Venues/Business directory

Kenya's top destinations for wellness will be listed here – whether you have a studio, retreat space, herbal medicine centre, ayurvedic clinic, etc. Easy for clients to find, learn about what you do, and contact you. Your classes can be bookable as an additional feature.


[Therapies](#)
[Directory](#)
[Events](#)
[Workplace wellness](#)
[About](#)
[Sign up / Sign in](#)

Click here to pick your preferences: [Therapies](#) [Categories](#) [Location](#) [Price](#) [Mood](#)

**Popular places**

- Therapy facilities
- Eco friendly & nature
- Wellness studios
- Session Spaces
- Food & Restaurants
- Spiritual centers
- List your space





**Zenesis**  
RETREAT & WELLNESS CENTRE

Popular categories



HOLISTIC FITNESS



HEALING & RECOVERY



MUMS & FAMILY



FUN & RELAXATION



GROWTH & EMPOWERMENT



CONSCIOUS LIVING

# Dashboard for your Bookings & Revenue

Our practitioner & wellness business memberships provide a powerful dashboard to help manage wellness products, services, events, orders, enquiries, bookings, appointments, reviews, customers & reports across various devices complete with graphs to monitor and visually display activity and performance.

The dashboard also helps you manage your events and event bookings and provides a list of attendees that you can easily download.

The dashboard is titled "CONSCIOUS KENYA community for holistic living" and includes navigation for Therapies, Directory, Events, Workplace wellness, and About. A user profile for Zeeya is shown with a "Welcome to your dashboard" message, a "Support center" link, and "Notifications 7".

**Your wellness offers** sidebar includes: Bookings & Orders, Clients & enquiries, Appointment manager, Events manager, Coupons & Gift cards, Your CK subscription, and Profile & Settings.

**Key Metrics:**

- KSh24,000.00 gross sales in last 7 days
- KSh0.00 admin fees in last 7 days
- 2 items sold in last 7 days
- 2 orders received in last 7 days

**Graphs:**

- A line graph shows gross sales peaking at approximately 40,000 KSh around 23-5-7.
- A bar chart shows product stats for "FREE Session" (top seller, 1 sold), "126 orders" (processing), "0 orders" (on-hold), "0 products" (low in stock), and "0 products" (out of stock).
- A small bar chart shows "Product Stats" with categories: Online, Pending, Draft.

**Notifications & Inquiries:**

- Notifications include order receipts (#89534) and subscription confirmations for "Deep Transformational Coaching" and "mercarious occuti".
- Inquiries include questions about interest in services, purchase of packages, session frequency, and pricing.

**Footer:**

- General:** 0708717259, 0717685161, hello@consciouskenya.com
- MEMBERSHIPS:** Renew/Upgrade my Membership, Membership Benefits
- PARTICIPATE:** Join interest/support groups, Share your event, Support our project, Tutorials
- RESOURCES:** Privacy Policy, Community Terms, Practitioner / Vendor Terms, Refund Policy

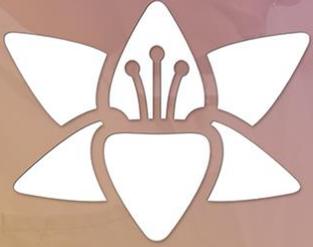
**Event Management Table:**

Event	Date	Status	Attendees	Invoice	Map	
Beyond Comfort Zones – Spiritual Quotient	📅	🟢	👁️	📄	📍	
Conscious Kenyans Unite!	📅	🟢	👁️	📄	📍	
Vedic Chanting, Siva's Ultimate Devotion	📅	🟢	👁️	📄	📍	
Mindfulness & Self-Care for Teachers and Parents	📅	🟢	👁️	📄	📍	
Animal Movement and Core Workshop	📅	🟢	👁️	📄	📍	
Vedic Chanting, Siva's Ultimate Devotion	📅	🟢	👁️	📄	📍	
Open your PATH – Signs that you are on the wrong path	📅	🟢	👁️	📄	📍	
Journey to self	📅	🟢	👁️	📄	📍	
Conscious Connect – free wellbeing weekend	📅	🟢	👁️	📄	📍	

**Event List:**

- Confirmed: Qi Gong & Yoga Nidra
- Confirmed: Conscious Connect Ke
- Confirmed: Green Juice, Hibiscus Tea, Chilli Jam!
- Confirmed: Join Conscious Kenya! Q&A.

## LILY MEMBERSHIP



[consciouskenya.com/lily](https://consciouskenya.com/lily)

*The Lily self-serve plan provides wellness practitioners with a professional profile where they can add their services and a directory listing on consciouskenya.com where they can be found by community members and visitors to the website.*

## Rose Membership Benefits

- Feature on our trusted holistic wellness therapist directory
- Access to a diverse & engaged wellness community & network of clients
- Online webpage showcasing your services, events & profile
- Dashboard to manage your enquiries, offers, bookings & appointments & view your analytics
- Share your wellness events on the website events feed and social media pages
- Payments & settlement support for your wellness events & services
- A feature of your profile and wellness offers on the Conscious Kenya Twitter, Facebook & Instagram pages (*3 features*)
- A feature on the Conscious Kenya newsletter

**KES 1,200 Monthly** paid as an annual subscription  
~~KES 14,400~~  
KES 12,000 (Welcome offer)

**Click the link below to get started**

**[consciouskenya.com/rose](https://consciouskenya.com/rose)**



# ROSE MEMBERSHIP



*Bloom & blossom*

[consciouskenya.com/rose](https://consciouskenya.com/rose)

*The Rose self-serve plan helps you manage your profile, brand & practice on consciouskenya.com. You will increase your reach & reputation by featuring on our trusted directory for wellness practitioners & by sharing your offers with our audiences.*

## Rose Membership Benefits

- Feature on our trusted holistic wellness therapist directory
- Access to a diverse & engaged wellness community & network of clients
- Online webpage showcasing your services, events & profile
- Dashboard to manage your enquiries, offers, bookings & appointments & view your analytics
- Share your wellness events on the website, feed and social media pages
- Payments & settlement support for your wellness events & services
- A feature of your profile and wellness offers on the Conscious Kenya Twitter, Facebook & Instagram pages (*3 features*)
- A feature on the Conscious Kenya newsletter

**KES 1,200 Monthly** paid as an annual subscription  
~~KES 14,400~~  
KES 12,000 (Welcome offer)

**Click the link below to get started**  
[consciouskenya.com/rose](https://consciouskenya.com/rose)



# JASMINE MEMBERSHIP



*Spread your fragrance*

[consciouskenya.com/jasmine](https://consciouskenya.com/jasmine)

*In addition to the Rose membership benefits, the Jasmine plan provides additional marketing across all platforms, personalised support for onboarding, and priority consideration on enquiries.*

## Jasmine Membership Benefits

*Includes all Rose Membership benefits plus the following*

- Periodic features on the Conscious Kenya website homepage
- Priority periodic features of your profile and wellness offers on the Conscious Kenya website directory and marketplace
- Two features of your profile and wellness offers on the Conscious Kenya Twitter, Facebook & Instagram pages (6 features)
- Personalised white glove onboarding support
- Priority consideration for delivery of wellness services for events and direct enquiries to Conscious Kenya

**KES 2,400 Monthly** paid as an annual subscription

~~KES 28,800~~

KES 24,000 (Welcome offer)

**Click the link below to get started**

**[consciouskenya.com/jasmine](https://consciouskenya.com/jasmine)**



*Rise and thrive*

## LOTUS MEMBERSHIP



[consciouskenya.com/lotus](https://consciouskenya.com/lotus)

*In addition to the Rose and Jasmine membership benefits, the Lotus plan provides you with premium digital marketing support and priority consideration for our institutional partners.*

## Lotus Membership Benefits

*Includes all Rose & Jasmine Membership benefits plus the following*

- Search Engine Optimization of your profile and wellness offers for more visibility on the Conscious Kenya website and search engines (e.g. Google)
- Priority consideration for delivery of wellness services to corporate, hospitality & educational institutions
- Recommendations to new Consciouskenya.com community members
- Priority features of your wellness services on the Conscious Kenya Facebook, Instagram & WhatsApp shop pages
- A blog feature sharing your story with our community & newsletter
- A feature on the Conscious Kenya LinkedIn page
- Support to host subscription-based wellness groups

**KES 4,800 Monthly** paid as an annual subscription

~~KES 57,600~~

KES 48,000 (Welcome offer)

**Click the link below to get started**

**[consciouskenya.com/lotus](https://consciouskenya.com/lotus)**



# Standard **BUSINESS** MEMBERSHIP



*Say hello to growth*

[consciouskenya.com/biz](https://consciouskenya.com/biz)

*The pro business membership*

## Standard Business Membership Benefits

- Listing on the Conscious Kenya venue/business directory
- A feature of your wellness venue, business or team on the Conscious Kenya Twitter, Facebook & Instagram pages (*3 features*)
- A feature on the Conscious Kenya newsletter
- Business page with maps, gallery & opening hours
- Customer feedback, rating & reviews
- A business profile to showcase & manage your enquiries & events
- Showcase your events, classes and workshops on [consciouskenya.com](https://consciouskenya.com)

**KES 2,400 Monthly** paid as an annual subscription

~~KES 28,800~~

KES 24,000 (Welcome offer)

**Click the link below to get started**

**[consciouskenya.com/venues](https://consciouskenya.com/venues)**



# Pro BUSINESS MEMBERSHIP



*Step into new Opportunities*

[consciouskenya.com/biz](https://consciouskenya.com/biz)

*Get listed on our conscious venue/business directory and receive marketing support to grow your visibility and reputation across the holistic wellness community.*

## Pro Business Membership Benefits

(Includes all Standard business membership benefits)

- Complimentary listing for one wellness practitioner on the Conscious Kenya practitioners directory.
- Search engine optimisation for your business page for greater visibility.
- A feature of your business or venue on the consciouskenya.com homepage.
- Recommendation of your venue or business to all new conscious Kenya members when they create an account on the platform.
- An option to Conscious Kenya practitioners as a destination to host their sessions and events.

**KES 4,800 Monthly** paid as an annual subscription

~~KES 57,600~~

KES 48,000 (Welcome offer)

**Click the link below to get started**

**[consciouskenya.com/venues](https://consciouskenya.com/venues)**



## Optional Addons : *Extra services available on checkout*

- Mini-Video interviews, ads on podcast & blog feature stories
- E-shop, bookings & payments integration on your personal website
- Support to create online courses
- Additional staff / team member accounts on e-shop
- Feature on the Conscious Kenya wellness guide.
- Feature on Conscious Kenya wellness gift cards & special promos
- Promo videos, logo & poster designs
- Professional photoshoot
- Social media & digital marketing support
- Additional ad space on consciouskenya.com
- Bookings for regular classes & events
- Additional marketing of special events

### Testimonials



I love working with the Conscious Kenya team.  
The energy is always charged with love.  
This is the next big conscious revolution.  
Alia Dattoo – Vendor & Practitioner



I got three new clients within a week of joining  
Conscious Kenya!  
Sonal Shah - Regression therapist



I was thrilled to find that such a space exists here!  
I explored your website obsessively over 3 days  
and easily found therapists that I resonated with.  
Shila Nhemi – Happy customer





## Are you a holistic wellness practitioner, venue or business?

Get seen, get booked, get paid.

### Partner with Conscious Kenya

We welcome gifted, qualified and caring therapists, coaches, instructors and practitioners to join our network of holistic wellness professionals. If this is you, please register using the links on the membership packages above or book a discovery call at the link below.

[Book a discovery call](#)



### Recommend a wellness partner or business

If you know any such holistic wellness providers who you wish to see on the Conscious Kenya platform, please encourage them to contact us via the details below or simply send us their information at the link below and we will get in touch with them.

[Recommend a partner](#)



0708717259 | 0717685161



[hello@consciouskenya.com](mailto:hello@consciouskenya.com)



[Consciouskenya.com](https://consciouskenya.com)