



CONSCIOUS KENYA  
community for holistic living

# Workplace Wellness

## A Holistic Approach

visit our website to get started

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

## About us

Conscious Kenya is Kenya's largest online community, marketplace and resources hub for 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. Our corporate wellness program is specifically tailored to boost physical, mental, and emotional health for increased productivity, reduced health care costs and a better workplace synergy & morale.



Our network of qualified & vetted wellness practitioners bring a refreshing holistic approach to team building retreats & workshops both at and away from work premises.

This holistic approach caters to specific workplace needs such as work-life balance, motivation, stress management, productivity, sleep improvement, mental health, physical fitness & wellbeing, conscious leadership, nutrition and addiction recovery among others.



Over 200 years  
Combined Wellness  
experience





Simple wellness routines to  
restore mental balance  
& physical health

## Wellness Starter Plan

A gentle introduction to  
wellness over 3 months

The Wellness Starter Plan is an excellent program to introduce a culture of selfcare and wellness to your team and workplace. You can curate a weekly or monthly wellness routines to meet your specific needs from the list of gentle and accessible wellness modalities below. Our coaches & therapists are happy to deliver the programs at your location or at any of the wellness venues we partner with across Kenya. Visit the link below to start curating an enriching wellness program for your team.



## Yoga

Hatha, Kundalini, Power, Yin, Aerial, Ashtanga, FeetUp, Chair, Vinyasa, Dharma, Yoga Nidra, Restorative, African Yoga, Pre & Post-Natal yoga



## Movement & Dance

Qi Gong, Martial Arts, Body Breathe Mind, Barre, Zumba, TRE, Ecstatic Dance



## Physical Health & Posture

Eldoa, Chiropractic, Physiotherapy, Pranic Healing, Reiki



## Stress Reduction

Mindfulness & Meditation, Breathwork, Sound Baths, EFT, Laughter Yoga



## Coaching & Workshops

Counselling, Positive & Holistic Psychology, Transformational Coaching, Art Therapy, Play Therapy, Mental Health First Aid, NLP, Psychotherapy, Leadership & Executive Coaching, PSYCH-K, Integrated Therapy, Lifestyle Coaching, Aromatherapy, Public Speaking & Communication, Ayurveda, Human Design, Detox, Functional Medicine & Nutrition, Addiction recovery, Body Talk, Numerology



Weekend wellness getaways tailored  
for leadership & management

# Corporate Retreats

Rest & Recharge

## Bespoke Wellness Programs

Our corporate retreats provide an opportunity to go deeper in to wellness, self discovery and self transformation by providing a space where one can completely switch of from day to day concerns and fully commit to their wellbeing.

These retreats can be curated to run over a weekend or longer. What's special about our bespoke wellness retreats is that in addition to group therapy sessions, participants can also enjoy one on one sessions for deeper relaxation & rejuvenation.

A dedicated wellness coordinator will help develop, deliver, and evaluating your wellness experience. Depending on your needs, these could include: sound baths, holistic bodywork therapies, hypnotherapy, naturopathy, mindfulness facilitation, reflexology, acupuncture, Thai Yoga massage and other holistic healing & physical Manipulation Techniques





Our wellness programs are modular allowing for a flexible pricing model determined by the variety of wellness services selected, the number of sessions and number of participants taking the program.

**Click the link below to start curating your workplace wellness program**

[Design your Corporate Wellness program](#)



[Or request a needs assessment](#)



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