



CONSCIOUS KENYA
community for holistic living

Well-Being Hub & Conscious Community

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.

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[Contact info](#)


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


Anu's Offers



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

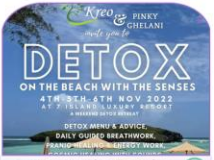


Himalayan Salt Glow
Kes 5,000
60 Minutes [Book](#)




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
Sandai 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







Popular categories




HOLISTIC FITNESS




HEALING & RECOVERY




MUMS & FAMILY



FUN & RELAXATION



GROWTH & EMPOWERMENT

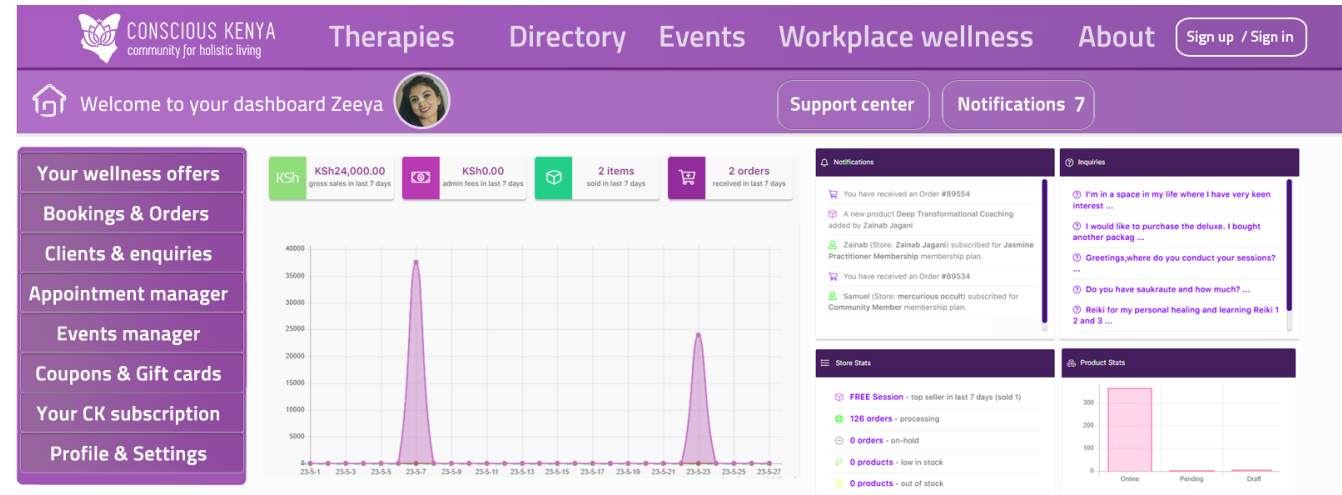


CONSCIOUS LIVING

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.



General: 0708717259
 Events: 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	Status	Actions
Qi Gong & Yoga Nidra	Confirmed	🗑️ 👁️ 📄
Conscious Connect Ke	Confirmed	🗑️ 👁️ 📄
Green Juice, Hibiscus Tea, Chilli Jam!	Confirmed	🗑️ 👁️ 📄
Join Conscious Kenya! Q&A.	Confirmed	🗑️ 👁️ 📄

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	📅	🟡	👁️	📄	📍	

Lite BUSINESS MEMBERSHIP



Say hello to growth

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.

Business Lite 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
- A Monthly feature of your classes, workshops and events on our social pages

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



Pro BUSINESS MEMBERSHIP



Step into new Opportunities

consciouskenya.com/biz

Pro business members are given expert SEO support to get more visibility on internet searches as well as other priority marketing benefits.

Business Pro Membership Benefits

(Includes all Business Lite membership benefits)

- Priority placement in the venues 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
- Recommended destination to Conscious Kenya practitioners to host their sessions and events
- Feature of your business on our LinkedIn

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



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 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



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





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



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