

AKANISTA
MINDFULNESS

Improving your mind to change your world



Akanista is a mindfulness training school who work closely with businesses and individuals to support performance and resilience at work.

Our mission is to integrate care and wellbeing programmes into the workplace and in doing so we help:

- Employees in building successful and healthy lives at home and in the office
- Employers to attract and retain a loyal, successful, mentally and physically strong team



DID YOU KNOW?

It has taken years to build stress into people's lives. Mindfulness has been scientifically proven to assist in releasing stress and anxiety which allows those practicing to live a calmer, happy and content life.

69%

of employees take time off due to stress at work

41%

of employees reported being stressed while working

137 million

working days lost to sickness absences in the UK in 2016

69%

of clients attribute stress at work to burn outs

47%

of the time, our mind is not in the present moment and a wandering mind is not a happy mind

Cultivating Concentration, Clarity, and Compassion

HOW CAN AKANISTA HELP?

We work to develop employer and employee self-awareness by tapping into human ingenuity through professional development training programmes and personal coaching services.

Services offered are outlined below although we are happy to create a bespoke service based on your requirements.

WORKSHOPS

2 hours 1 & 2 day
Mindfulness workshops for corporate and personal development.*

1 hour lunch & learn sessions.

RETREATS

2,4 and 7 day retreats in London, the English Countryside and on the Algarve coastline.

INDIVIDUAL COACHING SESSIONS

One to One Mindfulness and life coaching sessions at work, home or at one of our studios.

ONLINE

Talks, courses and support access available 24/7 to assist in embedding new habits and for use when needed the most.

Mindfulness on the go 1-3 mins for busy people.

*It takes regular practice for benefits to take effect so we recommend a 6-8 week course for maximum results.

Testimonials

I felt fantastic. So much more grounded and this was a massive lesson in dealing with stressful situations. Karuna has something really special about him.

CEO MAIA LUXURY

His teachings were profound and his meditation training was a life changer for me.

DESIGNER, SOTHEBYS

I have been meditating ever since we met.

EDITOR OF THE PSYCHOLOGIES MAGAZINE

PARTNERS AND CLIENTS

Imperial College London, Royal College Of Art, Coats, Save The Children, Soho House, LA Fitness, British American Tobacco, Buckinghamshire County Council, SLB, RetreatsI Love, OurMala

Get in touch

For further information on how we can help support you or your team, please contact:

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