



Anuj Seth

Mindfulness Trainer & Speaker

About Anuj

Anuj believes mindfulness is not about escaping life — it's about learning how to meet it. Like most of us, he lives with a busy and often unpredictable mind. Over the years, his path has taken many turns — entrepreneurship, a year of volunteering as a yoga teacher in an ashram, living across India and Southeast Asia, and continuing this inner exploration alongside a demanding professional life.

Anuj has been practicing yoga and mindfulness since 2008 and has guided over a thousand students through asana, pranayama, yoga nidra, and meditation. His teaching journey includes ashrams in Uttarkashi in the Himalayas, Neyyar Dam in Kerala, and the Sivananda Centre in Delhi.

A few years ago, a series of deeply personal experiences reshaped how he relates to life, work, and happiness. Today, his work is focused on making mindfulness simple, practical, and even fun — not something reserved for retreats or quiet rooms.

Having lived the pressures of corporate life himself, Anuj shares how mindfulness can help us stay enthusiastic about life while remaining focused, grounded, and effective at work.

Mindfulness Philosophy

Mindfulness, as Anuj teaches it, is not a technique to perfect — it is a skill to gently return to, again and again. His approach blends ancient practices with modern psychology,

emphasizing awareness, curiosity, and small, practical shifts that fit naturally into everyday life. Sessions are designed to feel human, relatable, and engaging, often using humour and real-life examples to make inner patterns easier to recognize. Rather than offering quick fixes, Anuj helps people build a more honest and sustainable relationship with their minds.

Speaking Topics

- Mindfulness for Everyday Life & Work
- Stress, Attention, and Mental Clarity
- Happiness: What Actually Works (and What Doesn't)
- Working with Thoughts, Emotions, and Habits
- Staying Grounded in High-Pressure Environments
- Mindfulness Without the Myths

Who These Sessions Are For

- Corporate teams
- Leadership groups
- Wellness programs
- Retreats & offsites

Formats

- Keynotes & Talks
- Interactive Workshops
- Guided Mindfulness Sessions
- Half-day / Full-day Programs

Contact

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