



# Conscious Cities

A Research Project

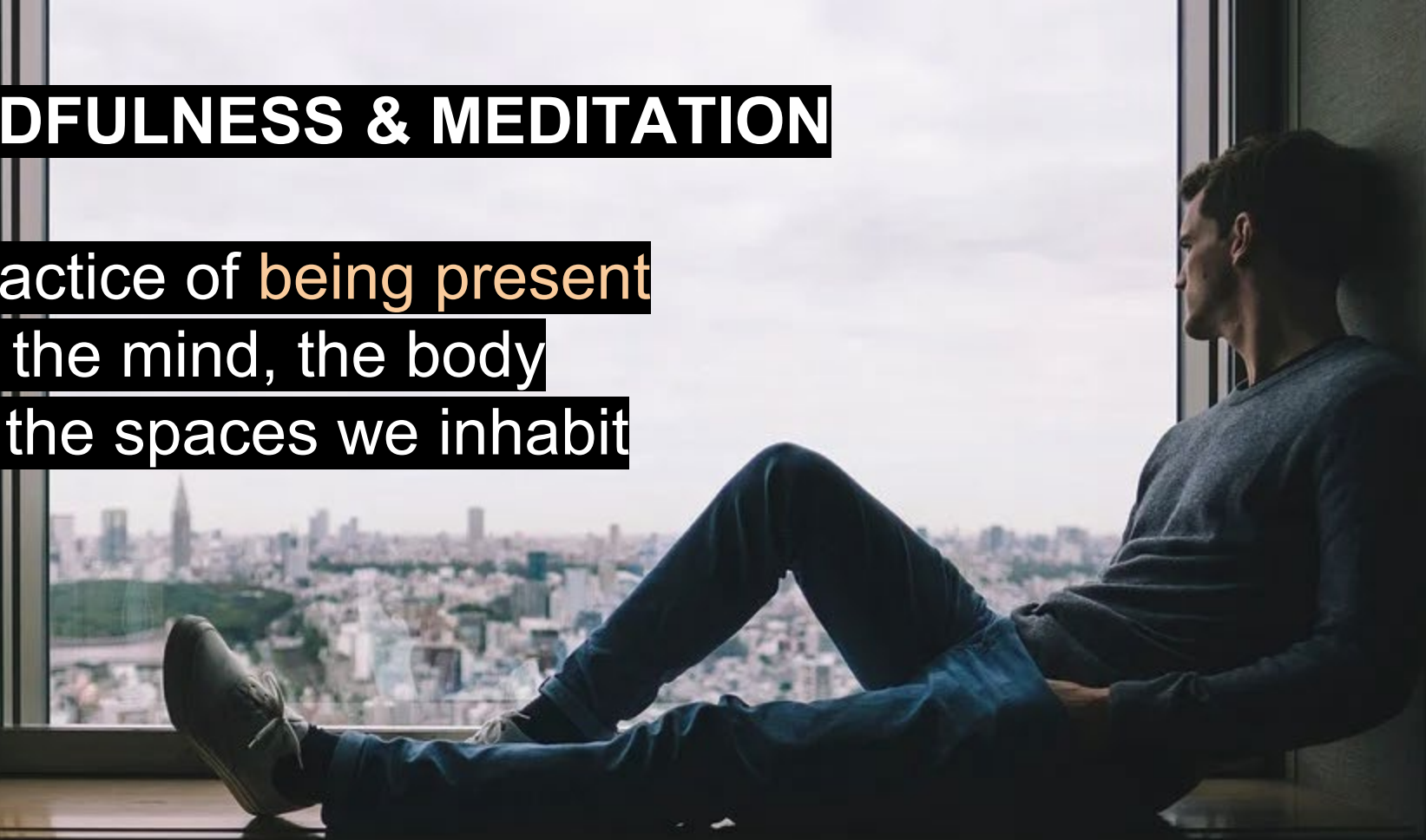


We are exploring the relationship  
between the **built environment**  
and **citizen wellbeing**

with a focus on  
**meditation** and **mindfulness**

# MINDFULNESS & MEDITATION

A practice of **being present**  
with the mind, the body  
and the spaces we inhabit



# Why Mindfulness and Meditation?

A photograph of a person sitting in a meditative lotus position in the center of a room. The room has light-colored walls, a wooden floor, and several windows. To the left, there is a brick wall. To the right, there are lit candles on a shelf. In the foreground and middle ground, several other people are lying on their backs on mats, appearing to be in a relaxed or meditative state. The overall atmosphere is calm and peaceful.

Research is strong for the positive impact of mindfulness on mental health, including stress and anxiety reduction, depression relapse prevention, and managing addictive or self-destructive behaviours.

# Why Mindfulness and Meditation?

We propose mindfulness meditation as a **preventive** and **cost-effective** approach to improving community mental health and building individual and collective mental resilience in an increasingly complex and uncertain world.



A man in a dark suit is seen from behind, standing on a modern staircase. The staircase has a curved metal railing. The wall to the left is made of light-colored bricks. To the right, there are large windows with vertical frames, letting in bright light. The overall atmosphere is warm and professional.

## Research Objective #1:

Examine the use of public spaces for mindfulness and meditation and the corresponding mental health data



## Research Objective #2:

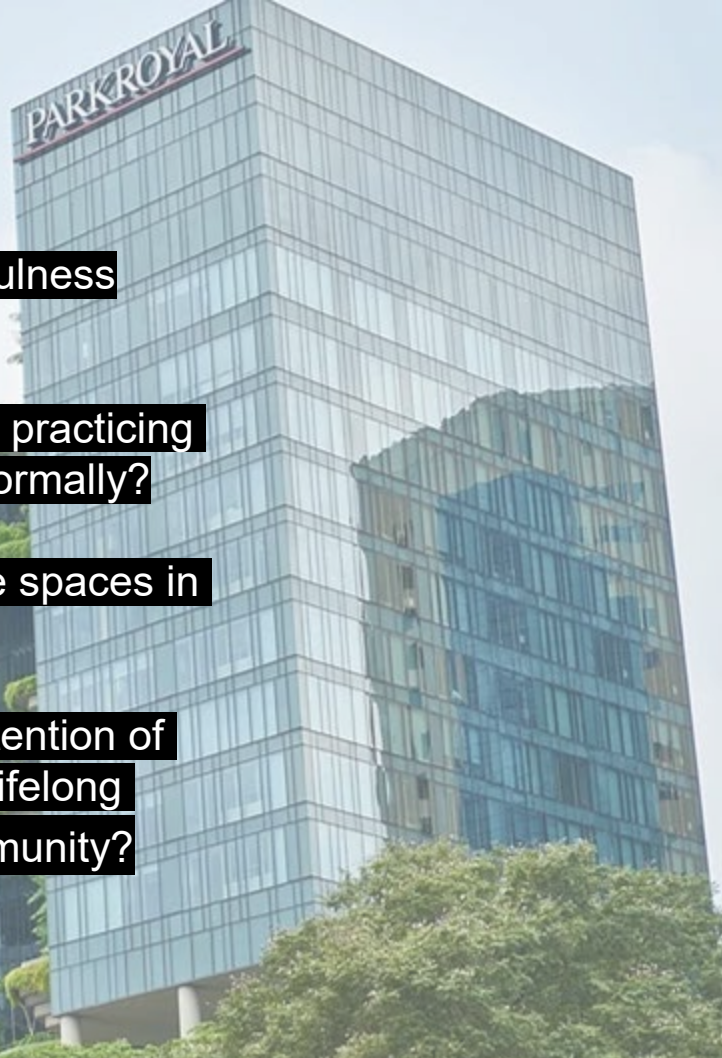
Explore the creation of a “Conscious Cities Index” to:

Describe how the intentional creation and design of social meditation spaces, supported by communication efforts to nudge behaviour, impacts the overall wellbeing of urban communities.

Offer a data-driven model that can aid urban planners, policymakers, commercial real estate developers and investors, educators, healthcare leaders, and media in building a healthier city.

# RESEARCH QUESTIONS:

- Are current spaces intended / designed for mindfulness and meditation use?
- How are citizens currently using these spaces for practicing mindfulness and meditation, either formally or informally?
- What is the density and frequency of use of these spaces in specific neighborhoods and districts?
- How could public spaces be designed with the intention of fostering good mental health and encouraging a lifelong practice of mindfulness and meditation as a community?






# Our Hypothesis

A scenic view of a modern city skyline at dusk, reflected in a body of water. In the foreground, there is a wooden walkway with a metal railing. The sky is a mix of blue and orange, and the water is calm, reflecting the buildings and the sky. The city skyline is composed of various skyscrapers and modern buildings.

There is an urgent need for fundamental changes in our built environment to provide social support and **'normalisation' of mindfulness and meditation practice** in public spaces.

Much like gyms for physical health are now normal, **mental health gyms** are needed at scale to enable healthier communities, cities and countries.



# The Use of Urban Spaces for Mindfulness & Meditation

- Formal or Informal Practices
- Individual or Community-Based Activities



Intentional Spaces \* Intentional Meditators  
= Conscious Places

A photograph of a person meditating in a room. The person is sitting cross-legged on a mat in the center of the room, facing the camera. They are wearing a dark tank top and dark pants. The room has light-colored walls, a wooden floor, and several windows. There are other people lying on mats on the floor, some facing away from the camera. The lighting is soft and warm, suggesting an indoor setting with natural light from the windows. The overall atmosphere is calm and focused.

# A Call for Individual Supporters, Collaborators and Partners

1. We are looking for multiple host partners and collaborators, ideally university labs, which are already engaged in urban analytics, mindfulness science or a related discipline.

A woman is sitting in a meditative pose on a mat in the center of a room. She is wearing a dark tank top and leggings. In the foreground, several people are lying on their backs on mats, appearing to be in a relaxed or resting state. The room has light-colored walls, a wooden floor, and several windows. A potted plant is visible on the left side of the room. The overall atmosphere is calm and focused.

# A Call for Individual Supporters, Collaborators and Partners

2. We are concurrently shaping a narrative around a new normal where management of mental health is widely accepted, supported and encouraged, by workplaces, communities and cities. We need individuals who can shape this narrative, and champion this story.

A woman is sitting in a meditative pose on a mat in the center of a room. Several other people are lying on mats on the floor around her, some appearing to be resting or sleeping. The room has large windows in the background, a potted plant, and a lit candle on a shelf to the right. The overall atmosphere is calm and peaceful.

# A Call for Individual Supporters, Collaborators and Partners

3. We'd love to hear from you, how you think this is relevant, and can be adapted to serve a related theme or topic in your community. Eventually, we see this a movement led by people, for people, everywhere.

Contact:

*"My vision is to see the shape of our cities change to support individual and community well-being, drive adoption of mindfulness socially through interventions in the built environment, and by putting a spotlight on mental health, much before deterioration sets in"*

Anupam Yog

[anupamyog@inclusivecitymaking.com](mailto:anupamyog@inclusivecitymaking.com)

[linkedin.com/in/metroyogi](https://www.linkedin.com/in/metroyogi)