



Anna Corona

annamindfulness.com

Mindfulness & Corporate Wellbeing Consultant

Oxford Mindfulness Foundation — Trained Teacher Certificate (Stage 6)

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Profile

Mindfulness and corporate wellbeing consultant with more than eight years designing and delivering group programs for organizations. Co-founder of ayam, where I led program design and facilitator development and have reached more than 5,000 employees through workshops, retreats, leadership programs and recurring sessions across Mexico. Background in Human Resources (five years in the field and a master's degree), MBCT teacher certification from the Oxford Mindfulness Foundation, and university teaching experience. My work is organizational and educational, not clinical. Bilingual in Spanish and English.

Clients and sectors

Humind · Chevez Zamarripa — as well as Mexican companies in the pharmaceutical, manufacturing, hospitality and professional services sectors, plus schools, DIF México and community programs.

Experience

Co-founder · Director of Programs and Facilitator Development — ayam 2020 – 2026

External Consultant — ayam 2026 – present

- Design and deliver corporate mindfulness and wellbeing programs, from needs scoping and proposal to delivery and follow-up materials.
- Facilitated sessions for more than 5,000 participants, online and in person in many parts of Mexico, including off-site retreats and large-group events (e.g. a 90-minute session for 114 company ambassadors).
- Built leadership programs and 1:1 executive series (e.g. multi-session programs for leadership teams and for a senior director of a national company).
- Only facilitator whose workshop designs are approved directly by the founder; write and record guided meditations for each client; train new facilitators (Certified ayam Practitioner, Level 1).

Lecturer, Mindfulness Module — Universidad Autónoma de Yucatán 2026 – present

- Teach the mindfulness module of a university diploma program in third-wave psychotherapies.

Founder and Teacher — Anna Corona Mindfulness 2017 – present

- Teach the 8-week Mindfulness-Based Cognitive Therapy (MBCT) program online, in Spanish and English, and lead weekly group meditation sessions.
- Designed mindfulness sessions for children in schools and with DIF México, and programs for communities with limited resources.

Human Resources 2005 – 2010

Education and certification

MBCT Teacher Certification

Oxford Mindfulness Foundation, 2021 · Trained Teacher Certificate (Stage 6)
Listed in the OMF directory:
oxfordmindfulness.org/directory/anna-corona

Master’s degree in Human Resources

2012

Positive Neuroplasticity

Training

MBCT training, Oxford

Since 2017, beginning with a 7-day retreat at Ammerdown (Bath, UK). Teachers include Melanie Fennell, Willem Kuyken, Ruth Baer, Alison Yiangou and David Treleaven (2024).

Memberships

Oxford Mindfulness Foundation

Active member of the teacher community

The Mindfulness Initiative

United Kingdom

Areas of expertise

- Workplace wellbeing program design
- Needs analysis and scoping
- Group facilitation
- Leadership programs
- Work fatigue and stress prevention
- NOM-035
- Facilitator training
- Guided meditation scripting and recording
- Proposals and pricing
- Online and in-person delivery

Languages

Spanish

Native

English

Professional working proficiency — programs and sessions delivered in English