



MITRA MANESH



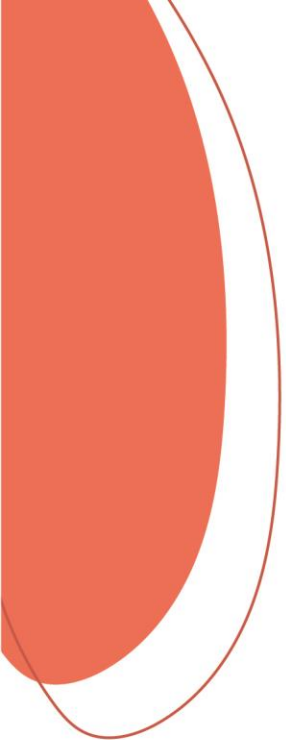
Mitra is a curious student and a passionate teacher with over 3 decades of practice, an experienced and engaging presenter and speaker, and a caring trainer and coach at ease with people of all ages and cultures.

Her work is a blend of Western corporate training and Eastern inner-based practices, a synthesis that promotes a full engagement of work and home life. The result is a unique approach offering knowledge & wisdom in a practical and empowering way.

Mitra's clients range from ordinary people seeking peace at home and at work, to celebrities seeking balance, to UCLA, Amazon, Merrill Lynch, Hugo Boss, C.A.A., Thomas Cook, The Senate of Canada, KPMG Consulting, Labatt Brewing, Christian Dior, The Capital Group, UTA, Armand Hammer Museum, and the Insurance Bureau of Canada.

Working as both a corporate trainer/executive coach and a mindfulness teacher/coach, Mitra found herself organically blending these two – sharing insights of mindfulness with corporate clients and introducing practical workplace tools to mindfulness students.

Professionally, Mitra has experienced working life from a variety of perspectives— as a mindfulness educator, corporate trainer, former



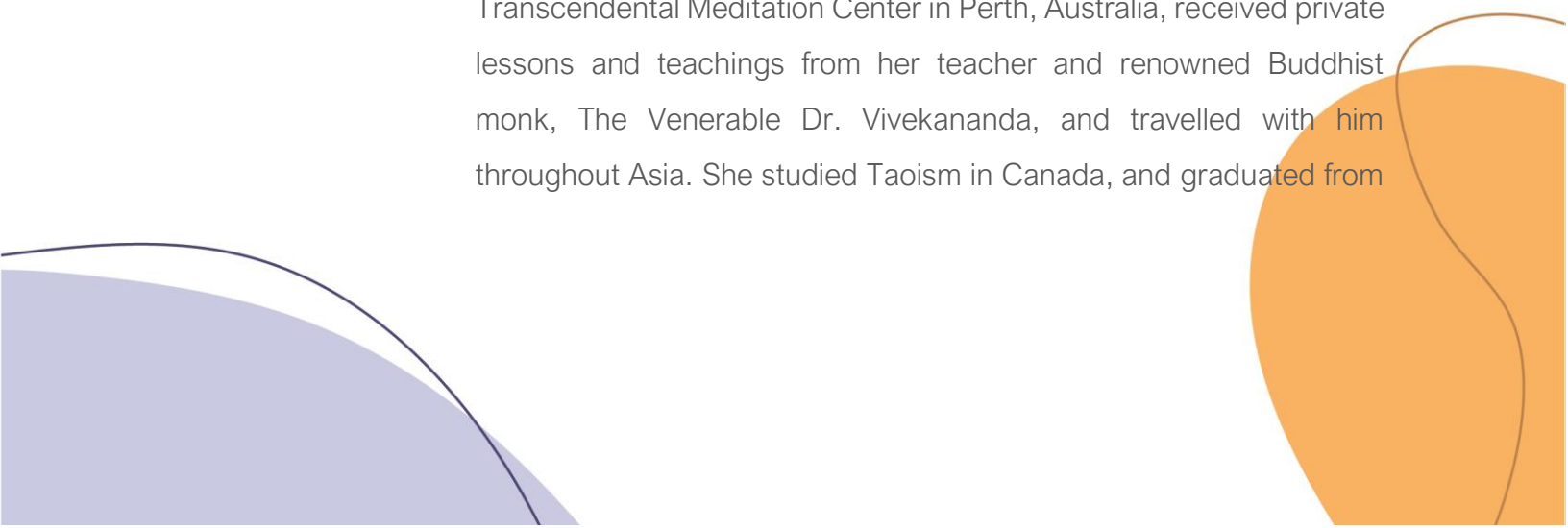
Human Right Commissioner, adjudicator, mediator, free-lance journalist, and an executive at not-for-profit and for-profit entities.

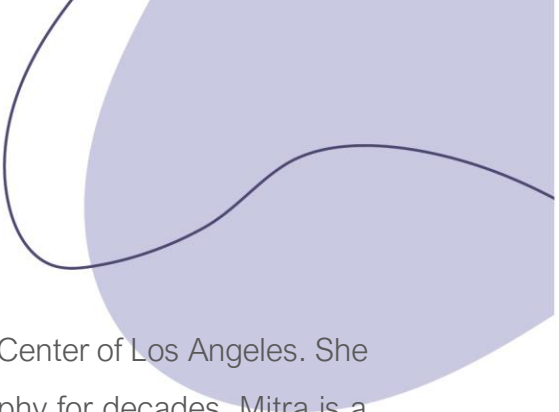
Personally, she has also seen life from many angles. Mitra was forced to walk out of her country of birth – Iran – at a young age. Since then she has moved 26 times and lived on 4 continents.

Her curious mind and open heart has taken her to 60 countries, and she feels both sweetly homeless, and at home everywhere. Mitra raised two compassionate creative young women, now her adult children, on her own. When she advises clients and students, there is a good chance that she has experienced the “it” that they are talking about in one shape or another.

Mitra’s journey started in her childhood and continued throughout her life by curiously, consistently, and continuously seeking and receiving lessons from many wise teachers; elders in her family, formal and informal teachers, native tribe Chiefs...and ordinary everyday people bearing the gift of growth.

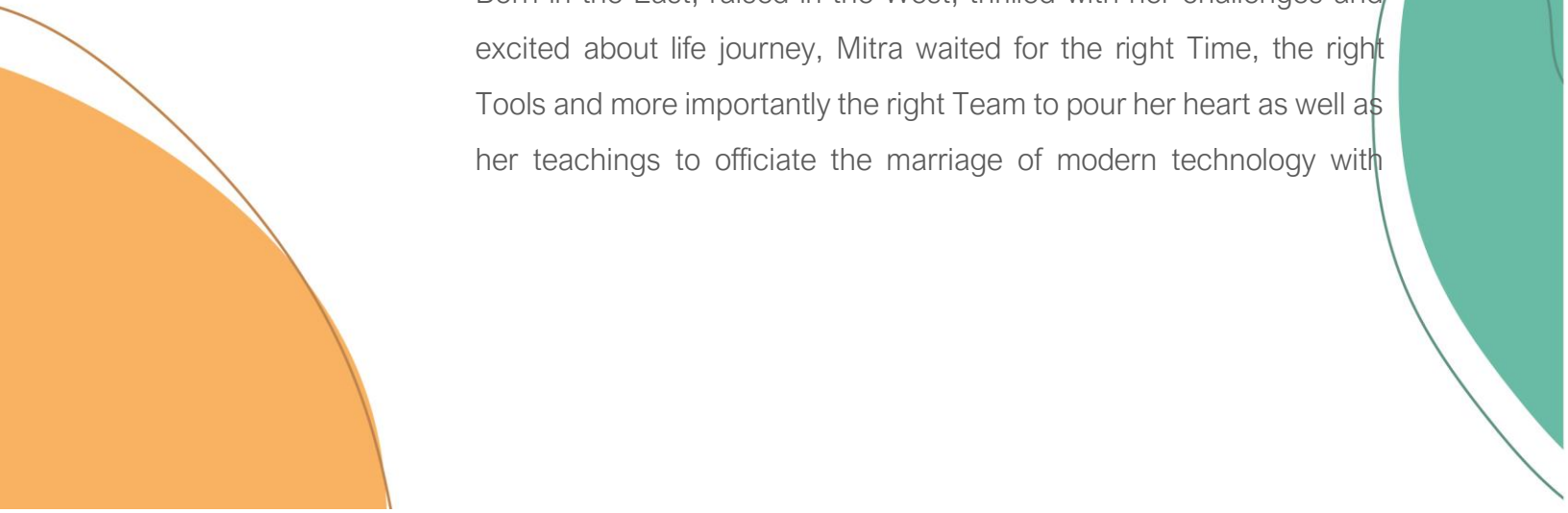
She began studying & practicing a range of meditation and mindfulness techniques in 1985. Trained at the Maharishi Transcendental Meditation Center in Perth, Australia, received private lessons and teachings from her teacher and renowned Buddhist monk, The Venerable Dr. Vivekananda, and travelled with him throughout Asia. She studied Taoism in Canada, and graduated from





Sacred Path at the Shambhala Meditation Center of Los Angeles. She has also been a student of Rumi's philosophy for decades. Mitra is a graduate of UCLA's first Mindfulness Facilitation Program, offered through the Mindfulness Awareness Research Center (MARC) in the School of Neuroscience/Semel Institute, where she now teaches Mindful Awareness Practices.

One special gift – and challenge – that deepened and shaped her journey so far, has been Dyslexia. Mitra learned to make sense of things/life in a different way, since she could not understand them as presented. Patterns, shapes, colors, stories...all have become her friends on the road of surviving/thriving and learning/teaching.



Born in the East, raised in the West, thrilled with her challenges and excited about life journey, Mitra waited for the right Time, the right Tools and more importantly the right Team to pour her heart as well as her teachings to officiate the marriage of modern technology with

ancient wisdom and facilitate the birth of their passionately wanted child; the Innermap Mobile App, with the intention of addressing the world's growing demand for balance of inner peace and outer accomplishment by making secular mindfulness, and living with awareness accessible to the global community.



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