



MITRA MANESH



Mitra Manesh is a senior mindfulness educator at UCLA's Mindful Awareness Research Center, known for her storytelling and innovative teachings. For almost 4 decades she has been helping people of all ages and many different cultures to live, love, and lead more consciously.

Mitra is also the creator of Mindful Attentionist Coaching (MAC) programs—self-coaching & professional coaching—an inside-out deep dive into a life of choice and wellbeing. She is the host of “Lights On”, a podcast offering practical education for a mindful life at home and at work, as well as a senior coach to many well-known and unknown happy people.

Her work is a blend of Western professional training and Eastern inner-based practices. The result is a unique approach offering knowledge & wisdom in a practical and empowering way.

Her personal and corporate clients range from individuals seeking peace at home and work, to celebrities seeking balance, to institutions and other entities, including Amazon, Merrill Lynch, Unilever, UCLA Anderson School of Management, Hugo Boss, C.A.A., Thomas Cook, The Senate of Canada, KPMG, Labatt, Christian Dior, Capital Group, Insomniac, United Health Group, Summit Series, DigiDems, California Lawyers Association, Okeechobee Music & Arts Festival, American Association for Justice, Higher Ground Labs, Harvest Kaplankaya, U.T.A., Electrical Daisy Carnival (EDC), TransitWireless, Annenberg Foundation... to name a few.



Beyond mindfulness and corporate work, Mitra has been a Human Right Commissioner in Ontario, Canada, a commentator/panelist for CBC and Omni TV, and an executive for numerous non-profit and for-profit entities.

Mitra began her life exploration at a young age, and meditation practice in 1985. She initially trained at TM Center in Perth, Australia, and later received private lessons and teachings from her teacher and renowned Buddhist monk, The Venerable Dr. Vivekananda, with whom she travelled throughout Asia. She is also a graduate of the Sacred Path Program at the Shambhala Meditation Center of Los Angeles. Influencing and marinating all of the above is her lifelong love and study of the great poet-philosopher, Rumi.

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.

Living, learning, and teaching mindfulness on 4 continents has gifted Mitra with many rewards and sometimes even awards. The most surprising came when mindfulness met royalty, and she received the 50th Golden Jubilee Medal from Her Majesty Queen Elizabeth II.

