

Founder Profile

Maneesh Kalra BSc. Pharmacology, MBA

MANTHAN Wellness founder, Maneesh Kalra, blends over three decades of experience in wellness, yoga, mindfulness and meditation with his first-hand knowledge of issues facing corporate executives, employees, healthcare workers and educators.

As a former senior finance executive at Goldman Sachs in Tokyo and Hong Kong, Maneesh turned to his yoga and meditation training for peak individual performance, to reduce employee attrition and to keep his staff calm, resilient and focused even under the most challenging and stressful situations. As CEO and advisor for many firms operating internationally, his training has helped him to overcome cultural and communication barriers.



Over the past 15 years, Maneesh has drawn on these experiences to help boost employee engagement and joy, guide CEOs in transition, train leaders in empathy for diversity and inclusion, and inspire accountants, architects, bankers, educators, engineers, researchers, doctors, designers and many others to make wellness routines an indelible part of their lives. His clients include TELUS, Philips, E&Y, Rio Tinto, Savills, The Winspear Centre, MacKay CEO & Executive Forums, and more.

Maneesh's decades of dedication to mindfulness and wellness along with his corporate background and experience at the CEO level gave an authenticity to his teachings that clearly resonated with [our group's] CEOs and executives. Maneesh's commitment to enhancing well-being and his ability to make these teachings fun and accessible, regardless of the participant's background, truly sets him apart. I highly recommend Maneesh and his MANTHAN corporate wellness offerings to CEOs and leaders seeking an authentic, life-changing wellness experience for themselves or their employees.

~Larry Ohlhauser, MD. CSP, ICD.D

For more testimonials, visit: [Client Testimonials | MANTHAN \(manthan-wellness.com\)](https://www.manthan-wellness.com/client-testimonials)

"You can't buy peace of mind but you can train it"



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