

## **Shayla's Work & Life Experience**

Shayla Wright is a lover of presence, truth, connection and love. She participates in life as a mentor, a master coach, a speaker, writer, and friend.

She has spent a lifetime studying and teaching presence, communication, and the transformation of consciousness. In her youth she studied Zen with Joshu Sasaki Roshi, and worked with Mother Teresa in Calcutta. She also lived and studied with Osho, in Poona, India. In her community in the Himalayas, the International Meditation Institute, she was a senior teacher and coach for many years, working with people from all over the world. She worked with individuals and small groups, helping people, through a process of creative expression and deep meditation, to find their own authentic voice, and to engage in spiritual inquiry. She also began her mediation work at this time. In India she received a Phd in nondual philosophy, and a teacher training degree in Soma Yoga.

In 2000, she left India and returned to Canada, where she began to explore a more embodied and integrated approach to spiritual practice. She did some in-depth research and practices related to spiritual bypassing, and practiced intensively with Adya Shanti, an American spiritual teacher. She became a certified coach and began working with individuals, small groups, communities, and couples.

She is an award winning writer, with an online 'Lifeletter' that has impacted the lives of many people over the last decade.

She completed an in-depth training in nondual coaching and therapy with Peter Fenner, and a one year intensive training in facilitating The Work of Byron Katie. She has worked with the indigenous teachings of the medicine wheel, and with shamanic healing, in Canada and in Peru. She has also studied transformation, transparent communication and shadow work with Thomas Huebl.

She worked for five years (2006-2011) as a coach, therapist and facilitator with Peter Fenner and the Radiant Mind course, with people from all over North America and Europe. On her own, she has worked for over 30 years with couples, individuals, and groups, as a mediator, coach, mentor and facilitator. She offers sessions, courses and retreats internationally, in person, on skype and online.