

# Vkara

is *CEO of Mystic TREK*, a company dedicated to self-transformation through curated individual and group adventures in exotic environments across the globe. She has been a successful coach for over thirty years to executives from Fortune 500 corporations such as Exxon, Merck & Co., Lucent Technologies, Quintiles and ATT, organizations, politicians and entrepreneurs. She is widely respected in the industry by her peers for her innovative coaching style and the fluent manner in which she impacts major transformation in the work place. Her coaching style is bold, unique and enlightening, which effectively inspires and motivates her clients to reach their ultimate potential.



Vkara is the former talk radio host of 'The Mind's Eye', where she introduced her audience to the concepts of co-

creation, stress management, meditation, visualization, numerology, aromatherapy, holistic medicine, yoga and many controversial topics decades before they became popular practice.

Between corporate contracts, Vkara followed her passion for travel, indigenous cultures and the exploration of ancient archaeological sites. This passion led her to many exotic places in Africa, North America, Mexico, Europe, Egypt, Iceland and the South Pacific, where she has extensively studied visualization and meditation technologies with respected masters in these cultures and respectfully achieved positions in the upper echelons of their wisdom institutions.

For over three decades, Vkara has harmoniously blended her mastery of vision and meditation with cutting edge discoveries in epigenetics, quantum physics and mind-body sciences. Key elements in her group and individual Trek Intensives are self-discovery and ownership, innovative and critical thinking, meditation, visualization and creative expression.

During a life changing personal trek to Bhutan to meditate and receive sacred empowerments with Lama Khempo Tashi, Director of the Royal Museum of Bhutan, Vkara began work on a series of books. She will share her experiences and knowledge with a larger audience through her first solo offering, *I AM THE POWER* which is due Fall 2017.



**Vkara's current book is available now - *'The Big Secret'*** co-authored with New York Times best selling author of the 'Chicken Soup for The Soul' books, *Jack Canfield* and other leading entrepreneurs and professionals from around the world.