



Tulsi Mehta Chase, Ed.M.

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Tulsi Mehta Chase is a dynamic wellness educator and the head of education and outreach at the Sadhguru Center for a Conscious Planet. With over 3,000 hours of training from esteemed institutions such as the Isha Foundation and a master's degree from the Harvard Graduate School of Education, Tulsi has dedicated more than a decade to transforming lives through innovative wellness practices and education. Her leadership career began with running education-focused yoga teacher trainings at Breathe for Change, where she certified hundreds of educators across the U.S. and expanded these professional development programs from three to eleven cities. Tulsi's expertise flourished to designing and facilitating wellness programs for leaders across the corporate and health care sectors, including for diverse clinical populations such as patients with long COVID, Parkinson's disease, and cancer. In her current role at the Sadhguru Center, Tulsi spearheads initiatives for wellness workshops and trainings tailored for individuals and organizations, including influential leaders at Harvard, Google, and Amazon. She also runs a weekly clinic at Beth Israel Deaconess Medical Center, offering personalized wellness workshops to the community. At Harvard, Tulsi has played a pivotal role in organizing and presenting at major events including the Conference on Consciousness—a landmark, two-day educational course at Harvard Medical School, which brought together leaders from neuroscience, physics, health care, business, education, and spirituality. She is also orchestrating a high-profile talk with the United States Surgeon General and Sadhguru, focusing on loneliness, which is scheduled for fall 2024 at Harvard Medical School. Tulsi's global impact includes teaching a large-scale program in rural India and providing personalized wellness coaching to C-suite executives across the Americas. She leads a diverse team of ten international teachers, delivering programs to reach global audiences. She speaks and presents at large conferences and events, and her work has been celebrated in numerous outlets, including through *wmnHealth* and Roundglass and a book: *The Many Shades of Wellbeing*.