



Tamara Levitt
Head of Mindfulness
Calm
Toronto, Ontario

Tamara Levitt is an author, creative artist and mindfulness educator. For over ten years, she has held the role of head of mindfulness at Calm, the meditation app downloaded by over 100 million people around the world. Tamara writes, produces and instructs Calm's mindfulness meditation programs, and has led the overall creative strategy for the company's growing library of meditation programming. For over 25 years, she has devoted herself to studying and practicing meditation. In Tamara's role at Calm, she works to ensure that the Vipassana teachings she imparts maintain the integrity of the original mindfulness principles and are brought to life in a way that is accessible, relatable and resonant. The content she has written and recorded has been listened to over 500 million times, and has been translated to German, French, Spanish, Korean, Brazilian, Portuguese and Japanese. Tamara is also the author of two children's books, *Happiness Doesn't Come from Headstands* and *The Secret to Clara's Calm*, both published by Wisdom Publications. She is currently working on a memoir.