

# netWORKS



*"The toughest steel must pass through the hottest fire."*

## Seth Mohan

Yoga Instructor | Content Creator | Actor |  
Facilitator

- **Hometown:** New Delhi, India & Toronto, Canada since 2000
- **Education:** University of Toronto, Undergrad Degree Candidate, Commercial Pilot License
- **Other Work Experience:** Bartending, Events Marketing, Retail Associate
- **Skills:** Writing, Public Speaking, Teaching Yoga, Facilitating Workshops, Creating Video Content, Coaching

## MENTOR BIO

Seth was introduced to mindfulness at a young age and has been meditating consistently for over ten years. This practice has helped him be patient in creating a niche for himself in an industry known for harsh rejection.

Seth began his creative journey in radio in 2007; producing and co-hosting The Morning Talk Show on AM 530 in Toronto. To improve his communication skills, Seth joined Toastmasters and began taking improv classes at Second City.

In 2011, he had the opportunity of spending forty-five days in the Pristine Islands of the Philippines, competing for the top spot on Survivor India. Following his time on Survivor, he moved to Mumbai in 2012 to pursue his dream of acting. He has worked alongside Bollywood icons such as Deepika Padukone, Farhan Akhtar and Vidya Balan in numerous films and commercials. While living in Mumbai he teamed up with local talent and co-founded BottomsUp Productions, a new-media production company.

He moved back to Toronto in 2014, where he continued to act in North American Film/TV Shows such as Designated Survivor, The Expanse, and Schitt's Creek. In the same year, he completed his 250-hour Yoga Teacher Training, and has been teaching yoga ever since. He is an Ambassador for Lululemon.

In 2016, Seth launched his YouTube Channel in an effort to learn how to film and edit content, under the adopted moniker 'The Kaizen Man'. His quest for learning and continually improving has helped him transition into becoming a screenwriter and director. His most recent collaboration was with CBC Life.