



Tony U-Thasoonthorn
Founder/President
The International Foundation for Inner Peace
www.intlfip.org
Info@Intlfip.Org

Tony U-Thasoonthorn was born in Thailand but spent over 25 years living in the U.S. since 1970. He has been actively practicing meditation for over 35 years and has been a meditation instructor for over 25 years. During Tony's successful business career, he worked in international finance within large, Fortune 500 companies, and then ran his own business for many years. He then retired from corporate life in 2003 and, since then, he has spent the bulk of his time focused on his passion: helping others recognize the benefits of meditation and how they can live their lives happier & healthier, both personally and professionally.

Tony founded the International Meditation Club (IMC) in 2002 and the International Foundation for Inner Peace (IFIP) in 2007, which now has members from more than 25 countries. In his role as Director of the IMC and Founder/President of IFIP, Tony has worked with individuals and educational institutes in Mind Cultivation Program training on such meditation-related topics as Calmness & Insight meditation and stress management, as well as providing assistance to individuals dealing with life crises. Additionally, he has been conducting numerous Corporate Wellness Training Programs for CEOs, top executives and employees alike.

Since Tony's return to Thailand, he has been featured talking about meditation on television programs, has served as a co-host of English Dharma Talk on television & radio, and has been the focus of many newspaper and magazines articles about meditation and wellness training programs.

EDUCATION:

- George Washington University, Washington, D.C. ~ International Business
- American Institute of Banking, Washington, D.C. ~ Banking

- Lynchburg College, Virginia, U.S.A. ~ Finance and Management
- Dhamamonkul Temple, Bangkok, Thailand - Meditation Instructor
- Benjamaborpit Temple Bangkok, Thailand - Abhidhammattha Sangaha