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March 28, 2013

**Sixth man on the moon joins Inner Space Training team!
Astronaut Dr. Edgar Mitchell advises on peak experience**

The Hague – Sixth man on the moon, astronaut Dr. Edgar Mitchell, is joining the Inner Space Training (IST) team. IST has developed a training to prepare future commercial astronauts for their spaceflight. Astronaut Dr. Edgar Mitchell, an icon in the astronaut world and known as the sixth man on the moon while serving as the Lunar Module Pilot on Apollo 14 lunar mission, also served on the backup crew for Apollo 10 and Apollo 16. Since his lunar mission, he founded the Institute of Noetic Sciences of which he became the chairman of for a number of years. IST is pleased that such an inspirational man as Dr. Mitchell will share with us his experience and advice on a number of issues, including “peak experience”, and the impact of having one.

Peak Experience

Inner Space Training is developed to prepare space tourists to get the most out of the unique experience. Astronauts will be weightless for about four minutes. To get the most out of this priceless experience, attributes such as stress management, openness and sensitivity need to be practiced in order to become fully aware and “in the moment”. These qualities are essential for space tourists but, at the same time, they are also very useful here ‘on earth’. We have all had experiences where we wished we had performed better. A good training and preparation will ensure maximum effectiveness of the total experience.

IST is interesting for a wider audience, despite having been developed for a smaller target group: commercial astronauts. The technology used in the training is a spin-off from what has been developed for the space industry. On earth, the technology is used as an important tool, to improve performance in the world of competitive sports and top business executives.

Next training offered – May 23, 2013 Amsterdam area, the Netherlands

Good news for those who are interested in training like a commercial astronaut! There will be an "Inner Space Training" (IST) taking place at Huis Leyduin, May 23 in Vogelenzang near Amsterdam, Netherlands. This course is not just for people who are planning on buying a trip to space, but also for space enthusiasts who want to experience commercial astronaut training, and get the benefits of training their brain for "peak performance". A few spaces are left to participate in this training. For more information and registration, email Mindy Howard at Mindy.Howard@innerspacetraining.com

IST has been founded and developed by an entrepreneur from the Hague, and is doing business globally. For more information about this press release this can be found on: www.innerspacetraining.com.

Note to the editor:

Inner Space Training (IST) is the first training which is specially developed for commercial astronauts, to mentally prepare them for their spaceflight. IST would like to help people get the most out of their unique experience. This training is also highly applicable for top athletes and business executives to achieve peak performance.

Dr. Mindy Howard is the Founder and Lead Trainer of IST. She has been on NASA's “Highly Qualified Astronaut Candidate” list numerous times and is a Flight Member of “Astronauts for Hire”. She is still working on achieving her dream of going into space and is confident that it will happen, either in orbital or suborbital space.

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