Mindful Moments
Instructors

The Mindful Moments program has a diverse team of instructors. Each instructor’s class is shaped by their unique academic and personal experience with mindfulness. We encourage you to take a couple of minutes out of your busy day to read about each of our Mindful Moments instructors and to drop-in to their classes.

To see the full schedule, visit the CLNx Mindful Moments calendar.

Suzan Ayas

Designing Your Mind on Mondays, 6:10 – 6:45 p.m.

Suzan is a PhD student in the Mechanical and Industrial Engineering Department. Her research is on understanding and mitigating the effects of distractions in operating rooms. Due to her research topic, she has been studying attention, distractions, human error and building resilience against distractions. As a natural outcome of her work on attention, she became interested in mindfulness meditation. She completed her MindFIT student facilitator training program in April 2021.

Last updated: September 20, 2021
Suzan is interested in understanding how attention can get drawn away by distractions and how we bring our attention back to the moment or current task. She aims to bring this curiosity on attention into her mindfulness sessions. She enjoys swimming, biking, and learning more about the human brain.

**Dr. Susitna Banerjee**

**Mindfulness Meditation Virtual Hart House on Wednesdays, 8 – 8:45 a.m.**

Dr. Banerjee is a family doctor who has been meditating for many years. She has been focusing on mindfulness in health care for the last several years due to the growing research on its potential impact on stress management, mental health, pain and many other conditions.

Her sessions are a great way to practice as a community whether you are a beginner or a seasoned meditator. Each session involves a short introduction, meditation and a short closing discussion addressing any questions, concerns, and/or sharing of experiences.

**Lauren Brown**

**Mindfulness for Student Success (Zoom) on Wednesdays, 12:10 – 12:45 p.m.**

**Relaxing Mindful Yoga (Zoom) on Wednesdays, 6 – 7 p.m.**

**Mindfulness Meditation Virtual Hart House on Thursdays, 4 – 4:45 p.m.**

Lauren is the Mindfulness and Meditation Programming Coordinator at the University of Toronto where she is currently pursuing a PhD in Education. She is passionate about providing students with opportunities to connect with the arts and often uses poetry and reflective writing as a grounding practice in her meditation sessions. Lauren believes that mindfulness helps us become more self-aware and in turn
empowers us to choose how we connect with others and ourselves. Her sessions are a great introduction to mindfulness and mindfulness meditation.

Her dog Bowie often makes appearances in her sessions as a form of virtual pet therapy.

Melissa Campagnolo

Mindful Yoga Virtual Sports and Rec on Thursdays, 6 – 6:45 p.m.

Melissa is an experienced Yoga Teacher, Yoga Therapist and Buteyko Breathing Educator. She has also completed Foundations of Applied Mindfulness Meditation at U of T’s School of Continuing Studies. She encourages people to personalize yoga and meditation and to take these teachings from the mat into daily life.

Melissa begins her class with a reflection topic/intention, moving into a gentle yoga practice, relaxation, breathing practice, and seated and/or lying down mindfulness meditation. All of her classes are beginner friendly and modifications are offered in a welcoming environment. Students who need to arrive late or leave early will be accommodated. If you plan to leave early, please let Melissa know at the start of class if possible.
Nicole D’Souza

Healing with Yoga (Zoom) on Tuesdays 7 – 8 p.m. (starts October 5)

Nicole D’Souza (she/her) is a registered social worker working in the children and youth mental health field. She is also a certified yoga instructor and a Trauma-Centre Trauma Sensitive Yoga Facilitator. She has been facilitating yoga asana classes for over four years in community settings. She enjoys facilitating trauma informed classes that provide a space where people can connect to their body in a way that is useful for them. Nicole considers herself a student of yoga, as she is always deepening her knowledge and practice of yoga and mindfulness.

Justine Jun

Mindfulness Meditation (Zoom) on Mondays, 4:10 – 5 p.m.

Justine is a PhD Candidate in Language and Literacies Education in the department of Curriculum, Teaching, and Learning. She has been in the Teaching English to the
Speakers of Other Languages (TESOL) field for over twenty years and has taught in six countries: Mexico, the USA, Korea, Japan, Australia and Canada. Her research investigates workplace learning and support experiences of migrant women English instructors teaching in post-secondary English language programs in Ontario. She speaks English, Korean and some Spanish.

Shehla Khan

Vedic Yoga Philosophy (Zoom) on Mondays 6 – 7 p.m. (starts September 20)

From classical Hatha Sivananda yoga, to Vinyasa, Yin and Restorative, to being a certified IAYT yoga therapist in the great tradition of Krishnamacharya and T.K.V. Desikachar from Yoga Therapy Toronto, Shehla has come to realize that yoga is a lifelong journey full of healing and love. Her most recent love affair with yoga asana is aerial yoga and deepening Raja yoga. She is well established in yoga philosophy and Mantra yoga, and continues to further her studies in Vedas and Kashmiri Shaivism. Her teachings are strongly influenced by all her teachers and honour the person in front of her and the surrounding environment. To the best of Shehla's abilities, she teaches according to seasons, weather changes, time of day and of course the people in front of her – a core Ayurvedic principle.

Read Shehla’s full bio on the Vedic Yoga Philosophy page.
Juensung Kim

Tuesdays, 6:10 – 7:10 p.m. on Zoom (starts October 5). Registration required.

Juensung is a doctoral candidate in developmental psychology and education at the Ontario Institute for Studies in Education, University of Toronto. His research concerns the intentional pursuit of wisdom, virtue, self-transcendence, and meaning in life, understood as special forms of personal projects. In particular, he is interested in how such aspirations are supported by education, religion, and spiritual practice, and how we can retain such aspirations and practices in a secular age. Juensung is a long-time martial artist and historical fencer and has studied Beijing Taijiquan with Dr. John Vervaeke since winter of 2013.

Rose Mina Munjee, RP

Mindfulness Meditation (Zoom) on Thursdays, 12 – 1 p.m.

Rose Mina Munjee has been teaching and practicing therapeutic and restorative yoga, craniosacral therapy, and mindfulness meditation for over 15 years. She discovered
mindfulness and yoga in her journey towards healing from stressful corporate work and early trauma. She has over 600 hours of yoga teacher training and is certified in evidence-based mindfulness programs, including MBSR, MBCT, MSC and AMM-Mind. She is a lifelong learner who feels most at home in nature. She immigrated to Canada from South Africa many years ago, is of South Asian descent, and works towards building equality and inclusivity for marginalized groups. She has a passion for mindfulness and helping others to find meaning, hope, connection and resilience in dealing with stressors in life through her yoga therapy, spiritual care and psychotherapy practices. Her classes empower students with tools to deal with difficult emotions and demands on body and mind. She uses accessible, short practices, encourages feedback and questions, includes rejuvenating movements, allowing students to feel renewed, focused, and self-aware, and allows flexible arrival/departure during class.

Languages spoken: French, Spanish, Portuguese, and Gujarati.

**Liam O’Leary**

Mindfulness Meditation (Zoom) on Mondays, 12 – 1 p.m.

Liam is a lover of all things involving trees and bicycles. He is a certified coach, a graduate of the MEd program in Adult Education at OISE and he has participated in multiple mediation retreats.

He takes a solution-focused approach to supporting individuals in their personal, academic and professional growth. His mindfulness sessions encourage a single-pointed focus on a mediation-object for twenty minutes followed by a short debrief, and then a second twenty-minute session.

Please come early if you would like additional instruction. Latecomers and early

Last updated: September 20, 2021
departures are accommodated. All are welcome.

**Victoria Sheldon**

*Wednesdays, 4:10 – 5 p.m.*

Tori is a PhD Candidate in Anthropology whose research examines therapeutic practices and social change in Kerala, south India. During fieldwork, she also explored the modernization of Buddhist practices in the region. Since 2011, she has been practicing Vipassana meditation, and has a great interest in learning from Mahayana Buddhism.

**Kelly Sullivan**

*Mindful Yoga presented by the Sexual and Gender Diversity Office (Zoom) on Thursdays, 8 – 9 p.m. (starts October 13)*

Kelly Sullivan, BFA (she/her) is a Masters of Education: Curriculum and Pedagogy candidate with a double emphasis in Wellbeing and the Arts. She is a certified yoga
instructor with a particular interest in the benefits of Restorative Yoga and Mindfulness Meditation to counter our culture of busy-ness, particularly within academia. She also has an extensive background in dance which led her to the practice of yoga as a therapeutic movement alternative.

**Smriti Sundar**

In-person yoga on Mondays, 12:15 – 1 p.m.

Located at the Goldring Centre, 100 Devonshire Ave. Register in advance.

Smriti Sundar is a graduate student studying User Experience Design at U of T’s School of Information. She is passionate about health and wellness and hopes to help design technology that supports that. She is a 500 hour certified Hatha Yoga instructor and completed her training in Bangalore/Mysore, India. Yoga has always been a part of her upbringing, but seeking the practice out as an adult allowed her to connect with herself and her culture, manage her physical and mental health, and develop more gratitude and compassion toward herself and others.
Natalia Toronchuk

Mindfulness Meditation (Zoom) on Tuesdays, 11:10 a.m. – 12 p.m.

Natalia Toronchuk is a PhD student at the Faculty of Information. She investigates modes of critical thinking and meaning-making in museums with philosophy of mind, language, and theories of activity. As a mindfulness facilitator, Natalia takes a perspective of starting from a point of rest to cultivate self-acceptance and to develop all the juicy cognitive, emotional, and physical benefits of meditation. She believes that practicing mindfulness in a formal practice is just one part of mindfulness, and that the rest is practiced in daily life and in community.

Soroosh Vafapoor

Mindfulness Meditation (Zoom) on Tuesdays, 3 – 4 p.m.
Soroosh draws from various contemplative practices to help participants explore what it feels like to be present with the multitude of experiences one can feel at any given time. These sessions will explore what it feels like to be present with emotions, thoughts, and the many sensations that arise and fall away in our bodies. Soroosh aims to help participants use mindfulness and other contemplative practices to help slow down, reduce stress, and to find ways to meaningfully rest and relax.

**Niamh Wall**

Mindfulness Meditation (Zoom) on Tuesdays, 12:30 – 1 p.m.

Niamh is a graduate student pursuing a PhD in the Department of Forestry. She has been practicing yoga and mindfulness for over 10 years and is passionate about incorporating nature into her practice and facilitation. Niamh has trained in the Vipassana technique and is a certified yoga teacher. She hopes to provide an inclusive space to engage with the practice of mindfulness and to be together in community. All are welcome to join at any point in her sessions and time for discussion and questions will be accommodated.
Jordan Weir

Mindfulness Meditation on Fridays, 11:10 a.m. – 12 p.m.

Jordan Weir is a graduate of the MA in Creative Writing program at U of T, and a current student at OISE's MEd in Counselling and Psychotherapy. Their passion resides at the intersection of arts and wellness. They have hosted creative writing and mindfulness workshops for Student Life over the past two years, creating sessions that unite the benefits of artistic self-reflection and traditional meditation.