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.

Juensung Kim

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.
Kelly Sullivan

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.

Lauren Brown

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.

**Thursdays, 4 – 4:45 p.m.**

[Liam O’Leary's photo]

**Liam O’Leary**

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 departures are accommodated. All are welcome.

**Mondays, 12 p.m.**
Melissa Campagnolo

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.

Thursdays, 6 p.m.
Natalia Toronchuk

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.

Wednesdays, 12:10 – 12:40 p.m. (alternating weeks)

Niamh Wall

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.

Rose Mina Munjee, RP

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.
Savannah Li

Savannah Li is a Master of Information student in the Knowledge Management and Information Management concentration. As a MindFIT Student Facilitator, she hopes to foster a mindful community within the faculty, empowering her peers and facilitating conversations on wellness. Savannah was fascinated by the power of breath and the connection between mind and body. She is thrilled to facilitate the sessions and contribute to the community.

**Wednesdays, 12:10 – 12:40 p.m. (alternating weeks)**

Soroosh Vafapoor

Soroosh has been practicing various forms of mindfulness and contemplative practice for over 9 years and has participated in several retreats and teacher training programs. He is currently completing a graduate degree in Buddhist Studies and Spiritual Care and Psychotherapy.
Soroosh has also completed a master’s degree in Peace and Conflict Studies at the University of Waterloo.

Soroosh’s approach to mindfulness is influenced by a variety of different approaches, from the classical mindfulness based stress-reduction techniques to contemplative writing. All are welcome to join his sessions, regardless of experience level!

Soroosh is also a Residence Advisor at Graduate House.

Susan Ayas

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.

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

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.

Wednesdays, 8 – 8:45 a.m.