

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](#).



Christeen Salik

Christeen (pronouns: she/her & they/them) is a queer South Asian Art-ivist, Mindfulness Facilitator, and Founder of Healing Hearts Through Art (h2art). She is entering her final year as an Equity Studies major, with minors in Visual Studies and Buddhism, Psychology, & Mental Health. Christeen emphasizes the importance of creating a decolonized, safe, and inclusive space of self-exploration. Their focus on inner child work, self-compassion, and loving-kindness facilitates deep connection with the self and the collective. Beginners are welcome to this guided journey of radical self-care and love! Christeen speaks and can support students in Urdu and Hindi fluently and basic support in Punjabi and ASL in their class.

Tuesdays 7:30 p.m.



Daryna Skybina

Daryna has an Honours Bachelor of Science degree with a research specialist in Psychology and a minor in Buddhism, Psychology and Mental Health. She is currently working towards a Master of Pastoral Studies in the Spiritual Care stream with a focus on Buddhism. She completed the teacher training course at the International Sivananda Yoga Vedanta Centre, certified by the Worldwide Yoga Alliance. All levels are welcome in her class.

Wednesdays 4:10 p.m.



Erin Latimer

Erin is an undergraduate student in Environmental Studies. She first began to practice meditation in 2017 while training for the Paralympics, and practicing mindfulness led her to Mindful Moments following her retirement from sport in 2018. She soon entered into MindFIT the Mindfulness Facilitator In Training program run through the Multi-Faith Centre. Erin practices mindfulness as a means of connecting with herself, which in turn allows her to connect to others. She says, "Mindfulness helps me gain a greater sense of awareness and helps me see life and any stresses that go along with it

Last updated: September 8, 2020 at 10:34 a.m.

through a better perspective." Sessions are open to all, no experience necessary. Late arrivals and early departures are accommodated.

Mondays 4:10 p.m.



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.

Mondays 12:10 p.m.



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.

Tuesdays 12:30 p.m.



Kevin Chiao

Kevin is an arts educator and mindfulness facilitator. He holds an Honours Bachelor's degree in Professional Writing and is currently pursuing a Master of Education in Counselling Psychology and Psychotherapy at OISE. As a facilitator, Kevin has led mindfulness-based bereavement groups, mindfulness arts groups and spiritual growth meditation groups. Kevin enjoys working with people from all backgrounds and using mindfulness and meditation to promote self-compassion, cultivate resilience and

Last updated: September 8, 2020 at 10:34 a.m.

inspire people to live life with an open heart. Support is provided in Mandarin and English.

Mondays 7:10 p.m.



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 4:10 p.m. and Fridays 12:10 p.m.



Laurie Coleman

Laurie (MSW, RSW) is a registered clinical social worker and graduate of Factor-Inwentash Faculty of Social Work, MSW program. Laurie has been practicing yoga and mindfulness (vipassana) meditation for more than a decade. She became interested in yoga/mindfulness as a way to improve her quality of life and reduce stress.

Laurie draws inspiration through teachings, readings and meditation practices from the following mindfulness pioneers: Jon Kabat-Zinn (MBSR); Zindel Segal, Mark Williams, John Teasdale (MBCT); Christopher Germer, Kristen Neff (MSC); Jean Kristeller (MB-EAT); Jan Chozen Bays (mindful eating). Laurie has also completed two certificates in of Applied Mindfulness Meditation program through U of T Continuing Education.

Her bi-weekly Thursday classes begin and end with five minutes of calm/deep breathing, moving into 15-20 minutes of walking and/or standing yoga, and 15 minutes seated and/or lying down mindfulness meditation.



Liam O'Leary

Last updated: September 8, 2020 at 10:34 a.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 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.

Last updated: September 8, 2020 at 10:34 a.m.



Michelle Bancroft

Michelle is a graduate student doing her Masters in Adult Education and Community Development at OISE. Professionally, she is a Wellness Consultant who has worked in the Health and Wellness field for over 7 years with many large corporations. Currently, she provides national wellness consulting to CIBC, and mindfulness meditation sessions for the University of Toronto and other organizations. Additionally, she has over 3 years of experience providing holistic wellness for healthcare workers. Michelle has completed her undergraduate degree in Kinesiology and her post-graduate in Workplace Wellness and Health Promotion. She is passionate about mental health and wellness and helping everyone learn effective ways to be happier and healthier in their daily lives!

Wednesdays 12:10 p.m.



Niamh Wall

Last updated: September 8, 2020 at 10:34 a.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.

Tuesdays 12:10 p.m.



Rebecca Antonacci

Rebecca is in her final year of her masters in Counselling Psychology at OISE. She first got involved with mindfulness and meditation three years ago when she began researching mindfulness-based interventions to help with eating and health behaviours. She has since gone on to develop her own personal mindfulness practice. Rebecca is passionate about the use of mindfulness-based therapies to treat individuals who have experienced a trauma or other mental health issues. Rebecca also has an extensive background in theatre and vocal performance and is interested in the intersection of mindfulness and the arts. She also recently completed her 8-week Mindfulness Based Stress Reduction certificate.

Wednesdays 12:30 p.m.



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.

Thursdays 12:10 p.m.



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.

Tuesdays 4:10 p.m.

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 8:10 a.m.



Cynthia Zheng

Host Engineering and New College Sessions

Cynthia is a fourth-year student in the Social Sciences and Humanities programs. She loves learning new languages and can also speak Mandarin, Portuguese, and conversational Spanish. Cynthia values self-care for students and believes that mindfulness supports student wellbeing. She is excited to join the Mindful Moments team and hopes you enjoy your sessions!



Farhad Siddique

Last updated: September 8, 2020 at 10:34 a.m.

Farhad is a 4th year undergrad student studying Economics, Statistics and Computer Science at St George Campus in the University of Toronto. He likes meeting and working with diverse people and currently works as a Residence Don at University College. Having incorporated Meditation and Mindfulness in his life for a couple of years, he now wants to share the amazing world of Mindfulness with others as a Communications Intern for Mindfulness and Meditations at the Multi-Faith Centre.