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.

Instructor bios

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.
Erin Latimer

Erin is an undergraduate student in Environmental Studies. She first began to practice meditation in 2017 and this led her to Mindful Moments. 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 through a better perspective."

In addition to being a Mindful Moments Facilitator, Erin is a Health & Wellness Outreach Ambassador. Sessions are open to all, no experience necessary. Late arrivals and early departures are accommodated.

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.

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 inspire people to live life with an open heart.

Lauren Brown

Lauren is the Mindfulness and Meditation Programming Coordinator at the University of Toronto. She holds MEd in Adult Education and is currently pursuing a PhD in Curriculum and Pedagogy.

Lauren started practicing yoga and mindfulness as a way to manage stress. She is a keen practitioner of nature appreciation and loves to share her passion for integrating
mindfulness into our day-to-day lives. Lauren is an E-RYT and Applied Mindfulness Meditation Specialist with over 1000 hours of teaching experience.

Lauren’s sessions are a great introduction to mindfulness and mindfulness meditation. Join other students and community members in a warm and welcoming environment.

**Lauren McCallum**

Lauren has been practicing yoga and mindfulness for over 10 years and has participated in teacher training programs and retreats. She is a certified yoga teacher, with a specialization in yoga nidra. She is currently completing a graduate degree in Counselling Psychology & Psychotherapy at OISE.

Lauren integrates mindfulness-based stress reduction techniques with compassionate practices to increase self-awareness. In these sessions, she hopes to offer a welcoming, inclusive space to explore the mind and body in order to reduce stress and invite in possibility. All are welcome to join, and no experience is required.

**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

Liam O’Leary 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!
Marie Masse

Marie used to work as an executive in the Media and TV industry. Six years ago, she was introduced to an 8-week Mindfulness-based stress reduction program that changed her life. Empowered by this new discipline, she completed her Mindfulness Studies at the University of Toronto. To deepen her practice and her knowledge about Mindfulness, she is now on a 2-year program with world-renowned Mindfulness teachers, Tara Brach and Jack Kornfield. Currently, she is devoting her time to teaching Mindfulness Meditation to U of T students through Mindful Moments. She’s also working at A Mindful Society, the Canadian gateway into the national and international community fostering mindfulness in all sectors of society.

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.

Ravi Thiruchselvam

Ravi Thiruchselvam teaches psychology at both the University of Toronto and Ryerson University. He completed his Ph.D. in affective neuroscience at Stanford University with a focus on emotion regulation and mental health. He has become dedicated to teaching mindfulness meditation in academic settings.

Rose Mina Munjee

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.

**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.

**Timea Urban**
Timea is a reiki master and yoga instructor specializing in hatha, yin and restorative yoga. She has hosted international reiki certifications and taught yoga around the globe. She is also a registered nurse with extensive experience in trauma, neurosurgery and orthopedics. Through her own struggles, she realized the need to live a slower and more mindful lifestyle, which lead her on a self-healing path of yoga, reiki and breathwork. Timea is passionate about mental health awareness. She promotes self-love, reflection and practicing presence on a daily basis.

University College

Come join us at University College for weekly Friday lunch sessions led by a health care professional. Each session involves a short introduction, two types of meditations and a short closing discussion for questions, concerns, and/or sharing experiences. Latecomers and early departures are accommodated. The sessions are open to all U of T students, faculty and staff.

Brown Girls Yoga

Brown Girls Yoga is a yoga class for students who identify as Black, Indigenous, or as a person of colour, and who currently or formerly identify as female. We welcome students of all body types, sizes and skill levels. We also provide a queer and trans-positive space. Mats available on site!

Guru Fatha Singh Khalsa

Guru Fatha Singh Khalsa is an insightful and inspiring teacher, and one of the world's leading authorities on the teachings of Yogi Bhajan. He is an outspoken advocate for human rights, peace and a healthy environment.

Increase your attention and mental focus with meditation facilitated by Guru Fatha Singh Khalsa. The workout will help you sleep better and feel better. Mats will be provided.
True Peace Toronto

True Peace Toronto is a group of mindfulness practitioners who meet to learn and practice the art of mindful living. Their practice is based on the Zen Buddhist teachings of the Vietnamese monk Thich Nhat Hanh, but they come from a variety of backgrounds, traditions and experience levels. This diversity is reflected in their family of facilitators who take turns leading the sessions. Learn more about us on our website.

Wake Up Toronto

Wake Up Toronto has five main facilitators who have all studied and trained with Nobel Peace Prize nominee and Zen Master Thich Nhat Hanh in the tradition of Engaged Mindfulness. Collectively, we are interested in exploring how mindfulness can be applied to daily life.

Elli Weisbaum is a PhD candidate at the Institute of Medical Science, Faculty of Medicine, with a focus on integrating mindfulness into healthcare. She is also an instructor for the Applied Mindfulness and Meditation certificate program at U of T’s School of Continuing studies, and a certified teacher in the Search Inside Yourself program developed at Google Headquarters.

Rob Walsh is a Masters student in the Physical Therapy program at U of T and is passionate about bringing together the disciplines of physical therapy and mindfulness.

Dagmara is an MSW and RSW trained Mindful Self Compassion Teacher, whose clinical work is informed by her mindfulness training. She co-teaches the foundation level courses in the AMM-MIND program at U of T and is a member of the program’s advisory committee.

Kate Dunn works in the Toronto film and television industry, while pursuing her own studies and training in mindfulness to support her community activism and personal well-being.
Pablo Seto works in commercial banking, speaks over five languages and is an avid scholar of mindfulness teachings, offering a wealth of wisdom on the roots of our practice.
We approach mindfulness practice from the perspective of open exploration that is inclusive and fun, with the aim to develop personal well-being and a more compassionate and healthy society.

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