



**7th Annual Kindful Canada Symposium
National Conference on Mental health and Kindfulness
November 16, 2024**

Agenda of the Day

09:45 AM – 10:00 AM DOORS OPEN
10AM: CONFERENCE BEGINS

10am-10:30am

Welcome speech – By Dr. Bhante Saranapala

- VIP 1 Speech
- VIP 2 Speech

Promotional Items of Canada: A Mindful and Kind Nation

By Jenny Kim

Board member of Canada: A Mindful and Kind Nation

10:30am-11:00 am

Topic: Finding Resilience & Peace Amidst Chaos: A Journey Through Caregiving with Kindfulness

By Tiffanie Carr

Health & Wellness Coach, Speaker, and Author

11:00am-11:30am

Topic: *Kindfulness: Science, Spirituality & History*

By Professor Farooq Naeem

University of Toronto & Centre for Addiction and Mental Health, Toronto

11.30am – 12.15pm

Guided Group Meditation: Mindfulness Meditation for Health, Wellness, Happiness and Peace

By Dr. Bhante Saranapala

The Urban Buddhist Monk

Founder of “Canada: A Mindful and Kind Nation” & “Kindful Canada Symposium: A National Conference on Kindfulness and Mental Health”

12:15 pm -1.00 pm – LUNCH & Book Signing of “Are You Kindful?” by the author

1:00 pm - 1:30pm

Topic: *Survival of the Kindest: The Science of Kindness and the Perks of Simply Being Kind*

By Dr. Sashi Perera (MD, FRCPC)

Associate Professor, McMaster University
Scientist, Population Health Research Institute
Consultant Neurologist, Hamilton Health Sciences



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1:30 pm -2.00pm

Guided Group Qigong Practice: *"The Intersection of Kindfulness, Energy, and Psychotherapy:
Exploring Qigong"*

By Jacqueline Chan, MA, MPS

Senior Qi Gong Instructor, Remote Fa Chi® Practitioner, Registered Psychotherapist
(Qualifying)

&

Master Teresa Yeung

Generational Master of Chi Gong
Pureland International Qigong

2:00 pm -2:30pm

Topic: *The Power of Leading with L♡ve*

By Marta Pawlowski

Creator of Lead with L♡ve, BA, MEd
White Oaks Resort & Spa

2:30pm-3.00pm

TEA Break

3.00pm – 3.30pm

Arthur Lockhart & Brad Hutchinson

Co-authors & Founder of The Gatehouse

Topic: Dynamic Balance: The Tao of Forging Personal and Social Transformation

3:30pm-4:00pm

Guided Tai Chi Practice: *How Tai Chi Improves Memory*

By Dr. Cuong Tran, MDCM

Radiologist, Trillium Health Partners
Mississauga, Ontario



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4.00pm – 4.30pm

Inspector Lisabet Benoit

Toronto Police Service Wellness Unit

Title of Presentation: Health and Wellness in Policing: The Toronto Police Chief's Wellbeing Program

4:30pm-4:50pm

In loving memory of Mr. Doug Gray – White Eagle

First Nation Storyteller, Shamanic Teacher of Sacred Medicine, International Speaker

Topic: Walk the Four Quadrants: The physical, Spiritual, Mental and Emotional

By Fran Moore

4:50pm-5:00pm

Kindful Speech of Gratitude - *A word of Thanks*

By Micheal Weldon

Secretary & Board member of Canada: A Mindful and Kind Nation