

**Yoga with
Sonia Grebenisan**

11:00-11:10

Data Scientist by day, artist by night, and yogi always. Sonia Grebenisan has been practicing yoga since 2014 as a way to balance a busy career in technology with gentle movement. What she didn't expect was to find a way of life that supports her in her day-to-day responsibilities and a philosophy she applies to her life and work. Now she imparts her love of anatomy and passion for spirituality to her yoga students through fun and dynamic vinyasa classes that are challenging yet leave the students with a deep feeling of inner peace.

You can learn more about her teaching style and instructional videos via [her website](#) or by emailing her at sonia@whilelotusdharma.com

**Qi Gong Qi Gong
Dr. Harvey Skinner**

12:00-12:10

Gentle Movement Practices –is an ancient Chinese system of gentle, rhythmic movements, breathing techniques and meditations. Qi Gong helps improve health and overall well-being, while empowering us to live with calm and peace no matter what is happening around us.

This active learning 10 minute session will include: 1) Deep Breathing, 2) Exercises that stretch and strengthen, 3) Slow Movements that are flowing and fluid, and 4) Meditation.

Bio

Dr. Harvey Skinner is a Professor of Psychology & Global Health and was Founding Dean (2006 – 2016) of the Faculty of Health, York University, Toronto. He is a Registered Psychologist in Ontario, a certified trainer in Motivational Interviewing, and has completed advanced training in Capacitar practices. At a personal level, Harvey has a regular practice of Qi Gong, mindfulness meditation and calacentics. He may be contacted at: email harvey.skinner@yorku.ca

**Mindful Meditation
Susan Harris**

2:50-3:00

Susan Harris is a graduate of the Mindfulness Meditation Teacher Certification Program led by Tara Brach and Jack Kornfield. She has over 40 years of experience developing and providing comprehensive services to individuals and families impacted by abuse, trauma and mental health issues. Susan has facilitated Mindfulness Group Programs and provided training and consultation on mindfulness to a variety of groups and agencies in the Greater Toronto Area. At a personal level, Susan has been developing her meditation practice for over 25 years through retreats, practice and study. She has a daily practice of meditation and Qi Gong.

