

Who we are

Through this program, we are encouraging people to consider physical fitness and mental fitness by cultivating positive thoughts and actions such as non-violence, respect for others, generosity, honesty in relationships, be focused and be mindful and kind. Such positive actions can benefit everyone as individuals, communities and as a nation.

Through the mindfulness and kindness is the awareness of inner transformation we are bringing to the public, that all personal and social problems can be eliminated simply by changing negative mind to positive mind. This can be achieved by planting the seeds of good values in every individual, irrespective of ethnic and religious faith.

Get in Touch with Us

Canada: A Mindful and Kind Nation
3133 Cawthra Road, Mississauga, ON
647-624-2694

Visit our website:
www.canadamindfulnation.ca

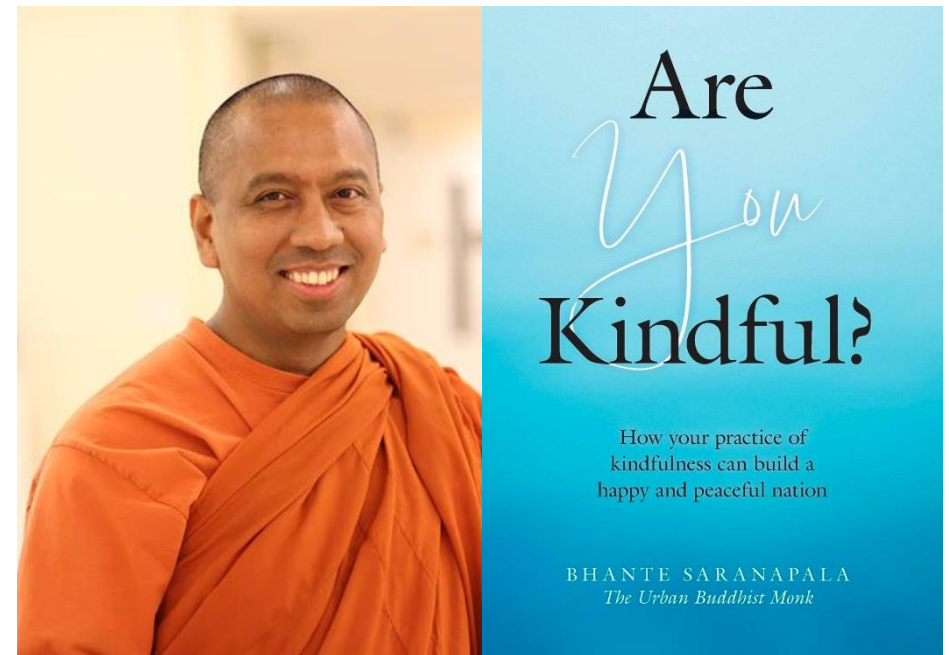
Email us:
canadamindfulnation@gmail.com

Learn more about the Urban Buddhist Monk:
<http://www.urbanbuddhistmonk.com/>



6TH ANNUAL KINDFUL CANADA SYMPOSIUM: A NATIONAL CONFERENCE ON MENTAL HEALTH AND KINDFULNESS

**Making Canada a More Mindful and Kinder Nation
with the Urban Buddhist Monk**



SATURDAY, OCTOBER 14, 2023

10 AM TO 5:00 PM

AGA KHAN MUSEUM AUDITORIUM, TORONTO



PRIME MINISTER • PREMIER MINISTRE

October 14, 2023

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in the 6th Annual Kindful Canada Symposium: A National Conference on Mental Health and Kindfulness.



This special event offers a wonderful opportunity for participants to learn more about mental health and well-being through meditation. I am certain that everyone in attendance will benefit from the many activities planned for today and will leave inspired to put what they have learned into practice.

I would like to thank the organizing committee for encouraging others to embrace meditation as part of a healthy lifestyle. You can take pride in knowing that your hard work and dedication have enriched your community.

Please accept my best wishes for an enjoyable symposium.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada

OUR MISSION



Making Canada a More Mindful and Kindful Nation With the Urban Buddhist Monk

- To bring awareness of good values in people
- To promote physical and mental fitness and mental health
- To promote a way of life based on tolerance, concord and kindness
- To promote good will and harmony in action, speech and thought
- To make Canada the happiest, healthiest, kindest and the most peaceful nation through meditation
- To lead by example, as a Mindful Nation, and collaborate with other nations to shape a more Mindful World

ABOUT THE EVENT

The Kindful Canada Symposium is a full day dedicated to making Canada the happiest, healthiest, kindest, and most peaceful nation through mindfulness and meditation. Now in its sixth year, the event is expected to attract over 350 people, interested in health and wellness: learning how simple, yet life-changing wellness techniques, can lead to a happy and healthy life.

The main theme of the symposium is encouraging people to consider kindness (= kindness and mindfulness) practices, physical fitness, and mental fitness by meditating and cultivating positive thoughts and actions. Everyone can benefit as individuals, communities, and as a nation, by embracing non-violence, respect for others, generosity, and honesty in relationships. This requires being focused and mindful in everything we do

LEADER OF THE OPPOSITION



CHEF DE L'OPPOSITION

October 14, 2023

Canada: A Mindful and Kind Nation
3133 Cawthra Road
Mississauga, ON L5A 2X4



Dear friends,

As Leader of the Conservative Party of Canada, I am pleased to welcome everyone to the 6th Annual Kindful Canada Symposium: A National Conference on Mental Health and Kindfulness.

Uplifting events like this are more important than ever. Across our country, Canadians are feeling left behind. Families are struggling to make ends meet, crime is on the rise, and young people are giving up on ever owning a home.

At times like these, Canadians should draw on the strength of their communities, finding comfort in fellowship with one another. Today, as Canadians come together to learn about mindful meditation and wellness, I hope that you take pride in the many ways your organization has brought light and life to our country.

I extend my heartfelt thanks to Dr. Bhante Saranapala and everyone at *Canada: A Mindful and Kind Nation* for putting together this year's symposium, and for your commitment to bringing people together every year in the spirit of building a better Canada. Your work has truly helped restore hope to Canadians in these difficult times.

On behalf of Canada's Conservatives, I offer my best wishes to everyone attending for a memorable and enriching Kindful Canada Symposium.

Sincerely,

A handwritten signature in black ink, appearing to be 'Erin O'Toole', with a horizontal line underneath.

OUR SPONSORS



mfewan
CONSULTING



Dr. Uttam Barua

Associate Professor of Neuroscience & Psychiatry

University of Paris, France



Dr. Pierre Geoffroy

Family Physician & Psychotherapist
Mackenzie Health



Dr. Mitch Abrams

Radiologist & Certified Educator of Applied Compassion, Stanford Medical School, CCARE



Ryan Joseph

Artist & Natural Healing and Wellness Enthusiast



Sabrina Sourjah

Self-trust Coach and Corporate Team Coach



MC: Troy MacLean

Clinical Counsellor & Addictions Specialist



Dr. Bhante Saranapala

The Urban Buddhist Monk & Mindfulness Meditation Teacher

Founder & President of “Canada: A Mindful and Kind Nation”



James MacNeil

Author of Pure Spiritual Intelligence
Pure Spiritual Intelligence Inc.



Amy Boudreau

Writer, professional speaker, instructor, conscious leader, and police officer

CEO/President, The Yoga Cop TM Inc.



Grandmother Sue Wilson

Author of Walking in My Métis Footsteps



Grandmother Diane Owen

Oji-Cree Metis woman, an Elder and a Drum Carrier



Dr. Norman Farb

Associate Professor of Psychology

Department of Psychology, University of Toronto at Mississauga



MC: Tiffanie Carr

Health and Wellness Coach, Speaker, and Author

BHANTE SARANAPALA

the founder and president of Canada: A Mindful and Kind Nation, has been honoured and appointed as the UN Civility Ambassador by the iChange Nation



SCHEDULE

10:00 am

Welcome speech by Reverend Dr. Bhante Saranapala, Founder & President of “Canada: A Mindful and Kind Nation”

VIP Speeches

“Promotional Items of Canada: A Mindful and Kind Nation” by Jenny Kim, Treasurer & Board Member

10:30-11:00 am

Amy Boudreau B.A., ICPS, SAS-AP® CEO/President The Yoga Cop Inc.
Topic: Mindfulness-Based Interventions for Public Safety Personnel

11:00-11:30 am

Ryan Joseph Artist, Behavioral Therapist & Natural Healing and Wellness Enthusiast
Topic: My Journey to Healing

TEASER FOR BOOK SIGNING - 15 MINUTES TOPS

11:30-11:45 am

Reverend Dr. Bhante Saranapala (aka The Urban Buddhist Monk) The Urban Buddhist Monk, Global Public Speaker and Teacher of Mindfulness Meditation, Spiritual Counsellor & Founder of “Canada: A Mindful and Kind Nation”
Topic: Introduces his new book: “Are YOU Kindful?” and promotes his book signing!

11:45-12:30 pm

LUNCH & BOOK SIGNING

12:30-1:00 pm

James MacNeil Author of Pure Spiritual Intelligence Pure Spiritual Intelligence Inc. Topic: Everything is Perfect and Everything is Improving (Mastering Love, Joy and Peace through Forgiveness, Faith, and Faith-Filled Actions)

1:00-1:30 pm

Grandmothers Sue Wilson and Diane Owen (Storytime + singing) 1) Sue Wilson Métis Elder, Writer, Healer and Author of "Walking in My Métis Footsteps" Complementary Health Practitioner 2) Diane Owen Oji-Cree Metis woman, an Elder and a Drum Carrier Topic: Our Sacred Contract - with Mitakue O'yasin - All That Is or All My Relations

1:30-2:00 pm

Dr. Pierre Geoffroy Family Physician & Psychotherapist Mackenzie Health
Topic: Psychotherapy & Kindfulness: My Observations as a Palliative Physician & Psychotherapist for Cancer Patients

Book Signing + Tea Time

2:00 -2:30 pm

TEA TIME + Book signing (until 3pm)

2:15 -2:30 pm

10-15min Stretch Time with Tiffanie Carr (on stage)

2:30-3:00 pm

Dr. Norman Farb Associate Professor of Psychology Department of Psychology, University of Toronto Mississauga
Topic: Discovering the Art of Sense Foraging- The Science of How Sensation Helps Us Get Unstuck and Reconnect with the World

3:00-3:30 pm

Sabrina Sourjah Self-trust Coach and Corporate Team Coach
Topic: Becoming Mindful of Your Inner Critic to Build Self-Confidence and Self-Trust

3:30-4:00 pm

Troy Introduces: Dr. Mitch Abrams Certified Educator of Compassion, Stanford University's Centre for Compassion and Altruism Research and Education (CCARE) Assistant Clinical Professor, Michael G Degroote School of Medical Sciences, McMaster University. CEO and Founder of NexGenHealth Ltd. Topic: A RADDical Approach to Kindness

4:00-4:30 pm

Mindful and Kindful Meditation – By Reverend Dr. Bhante Saranapala

4:30-4:40 pm

Kindful Thank-You Speech by Micheal Weldon, Secretary & Board Member of Canada A Mindful And Kind Nation

5:00 pm

Goodbye!