

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.

Event Address

The International Center – Conference Center
6900 Airport Road, Mississauga, Ontario, L4V 1E8

Stay Connected

Visit our website:

www.canadamindfulness.ca www.kindfulnessnation.com

Email us:

canadamindfulness@gmail.com

Learn more about the Urban Buddhist Monk:

<http://www.urbanbuddhistmonk.com/>



PROGRAM OF THE 2ND ANNUAL KINDFUL CANADA SYMPOSIUM

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



SATURDAY, SEPTEMBER 22, 2018

10 A.M. TO 6:30 P.M.

THE INTERNATIONAL CENTRE, MISSISSAUGA

In-Kind Sponsorships

Special Greeting Message from the Right Honorable Justin Trudeau, the Prime Minister of Canada



PRIME MINISTER • PREMIER MINISTRE

September 22, 2018

Dear Friends:

I am pleased to extend my warmest greetings to everyone taking part in the 2nd Annual Kindful Canada Symposium.

This event promotes physical and mental health, along with harmony and kindness, themes that can be appreciated by people of all ages and backgrounds. 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 Canada: A Kindful Nation for bringing this event to the community. I commend your efforts to encourage others to embrace the principles and methods of meditation as part of a healthy lifestyle.

On behalf of the Government of Canada, I offer my best wishes for an enjoyable and memorable day.

Sincerely,

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



<https://www.facebook.com/5DTV.Network/>



Downward Dog Yoga Centre
<https://downwarddog.com/>



Dilan Rathnapala
Sales and Leasing Agent
15 Van Kirk Dr, Brampton, ON L7A 1W4
Cell: 416 358 4398
dilan.rathnapala@performance.ca



Indie 88 Radio
<https://indie88.com/>



Anice Jewellery
<https://www.anicejewellery.com>

Exhibitors

- Beyond Healing Pathways
- Tranquil Solutions Canada: Handcrafted Meditation Benches
- Clearly Conscious: A Love-Based Consciousness Movement
- Reverse Aging Clinic
- Restore Chi
- The Homestead Tofino
- Moira Bush

SPONSORS FOR THE SYMPOSIUM

Platinum Sponsor



Alka's Total Fitness

<https://www.alkastotalfitness.com/>

Gold Sponsor



Reverse Aging Clinic

<http://www.reverseagingclinic.com/>



Office of the Mayor

September, 2019

Silver Sponsors



DE ZOYSA LAW
PROFESSIONAL CORPORATION

Bronze Sponsor



In-Kind Sponsorships



Elite Speakers Academy

<https://www.facebook.com/EliteSpeakersAcademy/>



The trusted source
for natural health
solutions since 1989

Vitality Magazine

<http://vitalitymagazine.com/>



Live Smart. Live Well.

Tonic Magazine

<http://www.tonictoronto.com/>



Personal Message from Mayor Bonnie Crombie

Dear Friends,

On behalf of the great City of Mississauga and Members of my Council, I would like to recognize the tremendous work undertaken by all the volunteers and leadership for hosting and organizing the second annual Kindful Canada Symposium.

I would like to acknowledge the Urban Buddhist Monk, Dr. Bhante Saranapala, the founder and president of "Canada: A Mindful and Kind Nation." Your kindful foundation dedicates itself to building a broader community of support that nourishes intellectual and emotional growth, while embracing and upholding mindfulness meditation and kindness practices for mental health.

In Mississauga we celebrate the diversity of our people; their cultural backgrounds; and faiths. Over half of all Mississauga residents were born outside Canada; our people speak a remarkable 200 different languages from over 150 different countries.

Once again, I would like to offer my best wishes to the organizers and participants of the second annual Kindful Canada Symposium. May this be an enriching experience for everyone involved, and may you depart this event having made new and lasting friendships.

Warmest Regards,

Bonnie Crombie, MBA, ICD.D
Mayor, City of Mississauga

Special Greeting Message from Peel Police Chief



Chief Jennifer Evans

PEEL REGIONAL POLICE

A Safer Community Together



PROUD TO BE PEEL



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

August 9, 2018

A Message from Chief Jennifer Evans

It is with great pleasure that I congratulate you on your 2nd Annual Kindful Canada Symposium on September 22, 2018, at the International Centre, Mississauga.

Health and safety is as important as mindfulness and mental health within our community, and our officers alike.

On behalf of all the men and women of Peel Regional Police I wish you every success at the Symposium, and sincerely hope each and every one of those in attendance has an enjoyable day.

Sincerely,

Jennifer Evans
Chief of Police

- 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

Speakers



VEN. BHANTE SARANAPALA

The Urban Buddhist Monk, Global Public Speaker and Teacher of Mindfulness Meditation, Spiritual Counsellor & Founder of "Canada: A Mindful and Kind Nation"



DR. PAUL RITVO

Scientist and Professor of Kinesiology and Health Sciences, York University



MR. PETER TOLIÁS

Founder of "I CAN, WE CAN"



JON CARSON

The Mindful Cop, Constable



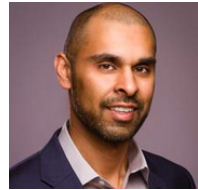
Mr. SATISH VERMA

President & CEO of THINK & GROW RICH INSTITUTE



DR. ARTHUR LOCKHART

Founder of the Gatehouse, Author, Filmographer, Ba Daun Jin Instructor



DR. NAUMAN NAEEM

Physician and Author



DR. NORMAN FARB

Assistant Professor in Psychology, University of Toronto



MS. KRISTIN DEMENY

MC of the 2nd Annual Kindful Canada Symposium, News Anchor, Yours TV Halton News



MR. TROY MACLEAN

MC of the 2nd Annual Kindful Canada Symposium, Mindfulness Meditation Practitioner



MASTER TERESA YEUNG

Founder of Pureland International - The Seventh Happiness School of Qi Gong




DR. CUONG TRAN

Inferral Tai Chi Instructor & Radiologist, Credit Valley Hospital











Kindful Canada Symposium

As the Member of Parliament for Mississauga East-Cooksville, it gives me great pleasure to extend greetings to everyone attending the 2nd annual symposium on

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

September 22, 2018

On behalf of the Federal Government, I would like to congratulate the Urban Buddhist Monk Reverend Dr. Bhante Saranapala and volunteers for their sincere efforts in putting this wonderful symposium together.

Wishing you many more years of success.



Peter Fonseca
Member of Parliament
Mississauga East-Cooksville

Event Schedule

MCS	Ms. Kristin Demeny – News Anchor, Your TV Halton Mr. Troy MacLean – Sempai (Karate Master) & Mindfulness Meditation Practitioner	3.00 P. M.	Group Qi Gong Practice Guided by Master Teresa Yeung Founder of Pureland International - The Seventh Happiness School of Chi Gong
10.00 A. M.	Doors Open	3.15 P. M.	Kindful Tea Break
10.30 A. M.	Symposium Begins! Welcome Speech By Venerable Dr. Bhante Saranapala, Founder and President of Canada: A Mindful and Kind Nation By Mr. John Tan – Founder of “Inspiring Minds Canada” VIP Speeches – MPs, Mayors, City Councillors	3.45 P. M.	PTSD to Mindfulness - Training before the Trauma By Mr. Jon Carson, The Mindful Cop Neuroscience Research of Meditation for Mental Health and Happy Life By Dr. Norman Farb, Assistant Professor in Psychology, University of Toronto
11.00 A. M.	Engaging in The Social Transformative Paradigm By Dr. Arthur Lockhart, Founder of the Gatehouse, Humber College Kindfulness for Minimizing Social Harm By Venerable Dr. Bhante Saranapala, The Urban Buddhist Monk and the Founder & President of “Canada: A Kindful Nation”	5.30 P. M.	Health Behaviour Change, Smartphone Interventions, and the Neurophysiological Effects of Meditation and Physical Exercise By Dr. Paul Ritvo, Scientist and Professor of Kinesiology and Health Sciences, York University
12.15 P. M.	Tai Chi Practice Guided by Dr. Cuong Tran Infferal Tai Chi Instructor & Radiologist – Credit Valley Hospital		Group Mindfulness Meditation Practice Guided by Venerable Dr. Bhante Saranapala Gratitude Speech By Mr. Michael Weldon Secretary of Canada: A Mindful and Kind Nation
12.30 P. M.	Kundful Lunch Break		Kindful Song with Mandala By Dr. Mitchell Abrams Radiologist and Founder of Dr. Bird Foundation
1.15 P. M.	Goal Setting - Positive Visualization - Believing in Yourself By Mr. Peter Toliias, Founder of “I CAN, WE CAN” Flow: The Ultimate Mindful State By Dr. Nauman Naeem, Physician & Author, Think and Grow Rich with Kindfulness Mr. Satish Verma CEO & President – Think & Grow Rich Institute	6.30 P. M.	End & Going home inspired with a heart full of kindness!