



INTERNATIONAL

MINDFULNESS MEDITATION TRAINING

WORK LIFE BALANCE AND STRESS MANAGEMENT APRIL 27-28, 2019 TORONTO, CANADA.

Tentative Program

Day 1 - 27th April

08.30 - 09.00 hr	Registration
09.00 - 11.00 hr	The Art of Meditation & its Practice by Ven. Dr. John Paramai D.
11.00 - 12.00 hr	Mindfulness in Practice by Ping Ping
12.00 - 13.00 hr	Lunch Break
13.30 - 14.30 hr	Parallel Session Workshop "Google with a Monk" Workshop "How to integrate Meditation & Mindfulness in your daily schedule?" with Ping Ping
14.30 - 16.30 hr	Stress Management by Ven. Dr. John Paramai D.

Day 2 - 28th April

09.00 - 11.00 hr	Work-Life Balance by Ven. Dr. John Paramai D.
11.00 - 12.00 hr	Mindfulness in Practice by Ping Ping
12.00 - 13.00 hr	Lunch Break
13.30 - 14.30 hr	Parallel Session Workshop "Google with a Monk" Workshop "How to learn Good Habits and unlearn Bad Habits?" with Ping Ping
15.00 - 16.30 hr	Mind Empowerment by Ven. Dr. John Paramai D. Closing

