



# Welcome!

In spring 2003, we asked some colleagues and friends if they'd be interested in a creativity retreat in Canada. We sent out emails, and about 30 people said, "Yes!"

The retreat was just two days. But we learned lots, shared stories, made friends, and had fun.

That was the beginning of Mindcamp, which has been running yearly (except for COVID) ever since. Depending on how you do the math, that means this is Mindcamp's 20 birthday!

We thought there was something magical about that: this little thing that grew and sustained itself and is now growing again. Over the years we've hosted well over a thousand different people, many of whom have come back over and over and over.

Our 20th birthday theme is Ordinary Magic: the ordinary magic of persistence, of shared generosity, and of connection. These are pretty mundane things.

And that's just the point. Persistence — people trying to accomplish something, whether it's boiling an egg or building a home. If they don't give up, *voila*, boiled eggs and warm homes. People practicing genuine generosity — sharing their gifts, their vulnerability, and their joy. If they keep sharing, *voila*, you have a community. And once you've got a community, *voila*, you have connection. Ordinary Magic producing extraordinary results. What could be more powerful?

After experimenting with Open Space last summer, we're giving it another go. We learned a lot from our slips and successes. And your feedback was great. So many of you said that you loved how empowering, inclusive, and relevant it felt. So we're Open-Spacing again — with a few tweaks: we're introducing Trailhead sessions to establish and reinforce the theme of Ordinary Magic and we're experimenting with a new way of sharing and building on our learnings with a process called Talkabouts, first prototyped by Win Winger. We think you'll get a buzz out of it.

The bulk of the programming, though, will be yours — designed by you, delivered by you, perhaps even carried forward by you. Whether you're exploring something new, want to share what you've learned, need a crew of courageous creatives to help you dig deeper, or just want to have fun, we can't wait to join you.

So welcome! We hope you'll learn something, make friends, have fun, participate with your whole self, offer as much as you receive, and receive more than you expected.

We are so happy you are here!

Your very grateful Mindcamp Fairies,

*Alison, Aurora, Branwen, Franca, Hena, Keon, Nooshin, Robert, Sam, and Tim*

# Schedule *(Subject to change... what isn't?)*

Monday August 14		
3:00-4:30pm	<b>Check-in</b>	Check in with Unifor, take bags to your room, then come register with us at Union Station
4:30-5:30pm	<b>Site Tours</b>	Optional: meet at Gazebo
5:30pm	<b>Supper</b>	Dining Hall
6:30-7:30pm	<b>Welcome Plenary</b>	Introduction to the Open Space Process (Anishinaabe)
7:45-9:00pm	<b>Trailhead Sessions</b>	Biodanza (Anishinaabe) Beyond the Obvious (Social Justice) Hatch Ideas (Peace)
9:15pm	<b>Campfire Singing</b>	The Gazebo
Tuesday August 15		
6:30-7:15am	<b>Early Risers</b>	Writing Freely (Peace) Sunrise Yoga (Anishinaabe)
7:00-8:15am	<b>Breakfast</b>	Dining Hall
8:30-9:45am	<b>Open Space Marketplace</b>	Plenary: Adults present session ideas and sign up for the ones that interest them (Anishinaabe)
9:45-10:15am	<b>Break</b>	
10:15-11:45am	<b>Open Space Sessions</b>	
12:00-1:00pm	<b>Lunch</b>	Dining Hall
1:15-2:45pm	<b>Open Space Sessions</b>	
2:45-4:30pm	<b>Free Time</b>	Discovering, sunning, hiking, beaching, or just plain chilling
4:30-5:30pm	<b>Talkabouts</b>	Energizing plenary session using small group dynamics to integrate the learnings of the day
5:30-7:00pm	<b>Supper</b>	Dining Hall
7:15-8:30pm	<b>Trailhead Sessions</b>	From Bystander to Ally (Solidarity) Creative Conflict TKO (Social Justice) <i>Arpilleras</i> from Chile (Peace)
9:00-10:15pm	<b>Night Flights</b>	Optional sessions... or free time
	<b>Campfire Singing</b>	The Gazebo

<b>Wednesday August 16</b>		
6:30-7:15am	<b>Early Risers</b>	Writing Freely (Peace) Sunrise Yoga (Anishinaabe)
7:00-8:15am	<b>Breakfast</b>	Dining Hall
8:30-9:45am	<b>Open Space Marketplace</b>	Plenary: Adults present session ideas and sign up for the ones that interest them (Anishinaabe)
9:45-10:15am	<b>Break</b>	
10:15-11:45am	<b>Open Space Sessions</b>	
12:00-1:00pm	<b>Lunch</b>	Dining Hall
1:15-2:45pm	<b>Open Space Sessions</b>	
2:45-4:30pm	<b>Free Time</b>	Discovering, sunning, hiking, beaching, etc.
4:30-5:30pm	<b>Talkabouts</b>	Energizing plenary session using small group dynamics to integrate the learnings of the day
5:30-7:00pm	<b>Supper</b>	Dining Hall
7:15-8:30pm	<b>Trailhead Sessions</b>	Mighty Magical Messages (Peace) Your Mother's Eyes (Social Justice) The Art of Presence (Anishinaabe)
9:00-10:15pm	<b>Night Flights</b>	Optional sessions... or free time
	<b>Campfire Singing</b>	The Gazebo
<b>Thursday August 17</b>		
6:30-7:15am	<b>Early Risers</b>	Writing Freely (Peace) Sunrise Yoga (Anishinaabe)
7:00-8:15am	<b>Breakfast</b>	Dining Hall
8:30-9:45am	<b>Open Space Marketplace</b>	Plenary: Adults present session ideas and sign up for the ones that interest them (Anishinaabe)
9:45-10:15am	<b>Break</b>	
10:15-11:45am	<b>Open Space Sessions</b>	
12:00-1:00pm	<b>Lunch</b>	Dining Hall
1:15-2:45pm	<b>Open Space Sessions</b>	
2:45-4:30pm	<b>Free Time</b>	Discovering, sunning, hiking, beaching, etc.
4:30-5:30pm	<b>Talkabouts</b>	Energizing plenary session using small group dynamics to integrate the learnings of the day
5:30-7:00pm	<b>Supper</b>	Dining Hall
7:15-8:30pm	<b>Camino</b>	The Gazebo
9:00-10:15pm	<b>Night Flights</b>	Optional sessions... or free time
	<b>Campfire Singing</b>	The Gazebo
	<b>Beats-Party-Mindcamp</b>	Final night dance party in Union Station

Friday August 18		
6:30-7:15am	<b>Early Risers</b>	Writing Freely (Peace) / Yoga (Anishinaabe)
7:00-8:15am	<b>Breakfast</b>	Dining Hall
8:30-9:30am	<b>Open Space Encore Sessions</b>	
9:30-10:15am	<b>Break</b>	Pack Your Bags!
10:15-11:15am	<b>Closing the Market</b>	Anishinaabe
11:30-12:00pm	<b>Bye Bye</b>	Everybody leaves with a packed lunch!

*Schedule is subject to change... what isn't?*

# Programming

## Open Space

Our format is mostly Open Space. What is that? Well, most conferences are programmed well in advance. With Open Space, however, aside from a few scheduled sessions (we call them Trailheads), the content of Mindcamp will be yours to decide.

Here's how it will work:

- **Monday evening** at our first Plenary we will learn more about the Open Space process, and experience our first three **Trailhead Sessions** (see below).
- **Each morning** there will be an open “marketplace” where anyone can volunteer to offer a session on a topic of their choosing over the next few days. If enough people are interested in participating in that topic, we'll assign a room and time and away we go.
- **Each afternoon** we meet together at 4:30 report out, using the Talkabout process, on the day's Open Space sessions.
- **Each evening** we will have more Trailhead Sessions to set the tone for the next day.

Apart from these changes, Mindcamp will be as weird and wonderful as ever, with mind-changing sessions, a youth program, a labyrinth, the camino, campfires, night flights, and a bunch of surprises.

## Scheduled Sessions

There are a few scheduled sessions as well, including:

- **Trailhead Sessions:** Scheduled sessions on Monday, Tuesday, and Wednesday evening will help set the tone for the next day's Open Space sessions
- **Early Risers:** the early morning yoga and freewriting sessions are optional
- **Camino:** a Thursday evening stroll around the Gazebo with a series of creativity buskers and enjoy various surprise activities

## Youth Program

During programming hours, Mindcamp kids will be doing their own thing away from their adults (mostly). Although we will have some programs prepared in advance, in the end it will be up to the kids to decide what they would like to do.

# Participants

Alessia Berti (Italy)  
Alison Cohen (Canada)  
Ana Lobo (Canada)  
Angelica Allende (Canada)  
Ann-Marie Kong (Canada)  
Anthony Hyatt (USA)  
Aurora Grace Grover-Loeppky (Canada)  
Barb Wilk-Ridge (Canada)  
Bill Brooks (Canada)  
Branwen Hurson (Canada)  
Carla Kimball (USA)  
Catherine Dine (Canada)  
Declan O'Leary (Canada)  
Deepika Grover (Canada)  
Denise Pinto (Canada)  
Edouard Le Maréchal (France)  
Elisa Muñoz (Chile)  
Franca Leeson (Canada)  
François Lauzon (Canada)  
Hena Rizvi (Canada)  
Janeen Halliwell (Canada)  
Jennifer O'Leary (Canada)  
Jim Ridge (Canada)  
Joy MacKay (USA)  
Juan Aguilera (Chile)  
Kai Townesmith (USA)  
Kate Bowers (Canada)  
Kathryn Primrose (Canada)  
Keon Azari-Vala (Canada)  
Kristen Peterson (USA)  
Laura Barbero Switalski (USA)  
Laurie Flasko (Canada)  
Lee Kitchen (USA)  
Leonardo Muñoz (Chile)  
Liam O'Leary (Canada)  
Linda Lajeunesse (Canada)  
Liz Monroe-Cook (USA)  
Marc Hurwitz (Canada)  
Maria Cordeiro (Canada)  
Mario Allende (Canada)  
Mario Allende Sr. (Canada)  
Mark Tabbron (South Africa)  
Mary Ellyn Vicksta (USA)  
Megan Mitchell (Canada)  
Michael Newberry (USA)  
Nicolás Flores (Chile)  
Nicole Flynn (Canada)  
Nooshin Mohtashami (Canada)  
Paul Fleming (Canada)  
Peter Scott (Canada)  
Quincy Wakulat (Canada)  
Renee Paser-Paull (USA)  
Rich DiGirolamo (USA)  
Robert Wakulat (Canada)  
Samantha Hurwitz (Canada)  
Sébastien Giroux (Canada)  
Sophie Harvey (Canada)  
Sophie Tversky (Canada)  
Stephen Walling (Canada)  
Susannah Childers (USA)  
Suzanne Filiatrault (Canada)  
Tiffany Lanier (USA)  
Tim Hurson (Canada)  
Tim Switalski (USA)  
Tom McMillian (USA)  
Wayne Childers (USA)  
Zachary Townesmith (USA)

# Trailhead Sessions

## Monday August 14 @ 7:15pm

### **Beyond the Obvious**

*Nicole Flynn, Belleville ON*

Join Nicole to see beyond the obvious and find what lies ahead:

Explore characters

Experience perspectives

Experiment with communication

Evolve out of your comfort zone

Examine attitudes and assumptions

Nicole will set the stage through her story of conquering challenges to be seen as a person. In this trailhead, you will gain a greater understanding of life through Nicole's lens. There will be an opportunity to dramatize real life experiences and walk with Nicole.

### **Biodanza**

*Sophie Harvey, Montréal QC*

By moving our bodies to the rhythm of music, we awaken our sensations and our natural impulse to explore the world with wonder and fascination. We allow ourselves to sense and discover while deepening our

connection to ourselves and others. With this openness and renewed curiosity, we can unleash our natural creativity and express ourselves through spontaneous movement.

Biodanza is a powerful, proven process for stimulating vital energy and integrating mind and body. It invites you to a set of joyful, liberating "exercises in movement" to a variety of carefully chosen music. It is fun and it is not necessary to know how to dance!

### **Hatch Ideas**

*Liz Monroe-Cook, Oak Park IL*

Remember a time when you had an "A-Ha!" at an unexpected moment or daydreamed your way to a new idea? Incubation was your helper. Sometimes it's called "shower thinking" because of the common experience of having a new thought in, well, the shower. In this session we'll explore incubation as a creativity tool.

## Tuesday August 15 @ 7:15pm

### **Arpilleras from Chile**

*Angelica & Mario Allende Sr., Victoria BC*

An *arpillera*, or "burlap" in Spanish, is a colourful, handmade patchwork tapestry made by women in Chile denouncing the human rights violations of Augusto Pinochet's military dictatorship (1973-90). These *arpilleras* were secretly distributed in

the country and abroad, providing a vital source of income for the *arpilleristas*, many of whom had been left in poverty due to widespread unemployment and forced disappearances of their husbands, brothers and children, who became known as *desaparecidos*. Using their creativity, these women transformed their trauma and grief into powerful messages of hope.



### **Creative Conflict TKO**

*Paul Fleming, Belleville ON*

When you read the word “conflict” do you immediately think of the word “resolution”? Why is it that we’re instinctively drawn to trying to avoid and resolve conflict when research shows that the right types of conflict are key to being more creative and producing better ideas. As a species we’re not comfortable with conflict, but as creative evangelists it’s our job to encourage it when appropriate. This workshop will help you understand the roots and types of conflict, your personal conflict styles, and give you some simple rules to successfully build conflict confidence (as well as tips to cool it when things get too hot). In this experiential workshop we break down the essential components of positive conflict into easily accessible and fun techniques, transforming you into a creative conflict master.

### **From Bystander to Ally**

*Deepika Grover, Ottawa ON*

You’ve been there: Someone harasses a stranger. On a train, on the street, in the workplace, at school, online. It’s bad. It’s in full view. It’s uncomfortable. Yet no one intervenes. There are many reasons that people choose not to respond. They are embarrassed. They feel powerless. They are frightened. They just don’t know what to do.

Deepika will introduce you to a very practical magic: bystander intervention, a series of simple tactics and strategies that can help you prepare, in advance, to safely assess and interrupt problematic behaviour. This can help you show people who are being harassed that they are not alone and set a strong example for other bystanders who might also feel paralyzed.

## **Wednesday August 16 @ 7:15pm**

### **The Art of Presence**

*Anthony Hyatt, Bethesda MD*

If we live long enough most of us will at some point become caregivers and/or care receivers. We can enhance our abilities to function within those unsought roles or as part of a support network for others who are going through these experiences. The key is to cultivate a skill set which I, a hospital artist in residence, call “The Art of Presence”. It is a combination of enhanced awareness and the ability to improvise. These tools of artists are the essence of what sometimes is called “bedside manner”. They also are useful in many other situations. In this session we will have

an experiential and playful learning journey into qualities that can allow us to be more fully present for one another and for the experience of life.

### **Mighty Magical Messages**

*Megan Mitchell, Toronto ON and  
Alison Cohen, Toronto ON*

Join us for a fun, interactive session to conjure up your own personal magic. Through a series of prompts, random events, and unique connections, you will invoke positive psychology rituals to reveal the amazing opportunities hidden within apparent constraints.

## Your Mother's Eyes

Denise Pinto, Hamilton ON

Designed to address the challenges of climate uncertainty, this workshop takes you on an imaginative journey into your ancestry. You will draw, move, and create artifacts to foster deeper connections with your lineage (real or imagined), with the earth, and with yourself. Get ready to embark on a spirited journey with those

whose genes you carry and whose wisdom can be yours. You will also connect with future generations for whom you will become an ancestor.

*Note: "Your Mother's Eyes" is designed and hosted to create a safe, inclusive space that respects people's unique backgrounds and experiences that influence the intensity of their ancestral "dialogues."*

## Early Risers Daily @ 6:30am

### Sunrise Yoga

Anishinaabe

Zachary Townesmith

Join this energizing morning yoga session to get the body and mind flowing. We'll gently stretch and strengthen both your muscles and your mind. You don't have to be stretchy or experienced to play — though flexibility does help! Our practice will be adapted to suit people of all levels.

I encourage props such as mats, bolsters, blocks, chairs, straps etc. These are not available at the site so please bring anything that might support your practice (books, inflatable water wings, etc.). Prizes will be awarded each day after class for using ordinary objects to help you feel the magic.

### Writing Freely

Peace

Tim Hurson, Toronto ON

Maybe you like to write, or you want to write more. Perhaps you feel the need to reflect on all the things that you're experiencing at Mindcamp, to collect them and make sense of them. Or you just want to explore your creative potential using words and language.

These are all good reasons to join us mornings for random free-writing. We'll use prompts and images and writing exercises to unleash the words in you. No need to attend every time, just drop in whenever you feel the urge to write.

## Presenters

**Angelica & Mario Allende • Victoria BC**  
*Arpilleras from Chile*

On the 50th anniversary of the military coup d'état that changed their lives forever, Angelica and Mario Allende bring their story and personal collection of *arpilleras* to celebrate life, creativity and gratitude at this year's Mindcamp.

**Alison Cohen • Toronto, ON**  
*Mighty Magical Moments*

Alison believes in creating constant opportunities and exploring them with great passion. It is through the unknown that the greatest possibilities are created and the magic blossoms. By being open to change, and helping others implement new ways of thinking and doing, she has helped organizations and people thrive. Her 30-year career has focused on organizational development practitioner, project leader, mentor, instructor, facilitator and coach, in both the private and not-for-profit sectors on 5 continents.

Alison believes in living life to the fullest having led community development programs in Guyana, Sri Lanka, Haiti, South Africa, Nepal and Canada. She has served on the Boards of various NGOs, helping groups develop their innate capabilities to benefit their communities. Her interest in exploration has been enhanced by her extensive bicycling trips through 21 countries in Asia, Europe and Central/North America. Right now, her best volunteer role is as a 'baby cuddler' at a neo-natal ICU.

**Paul Fleming • Belleville, ON**  
*Creative Conflict TKO*

Paul's "Hell ya, I can do that" career has given him a unique perspective on the world. Now a Partner with the non-profit consulting firm People Minded Business, Paul's varied career spans strategy consulting, executive leadership, learning and development, broadcasting, advertising, marketing, and tech ventures.

Paul has an MBA (Ivey), an MSc in Business Research (Henley, UK) and is certified in Human Centred Strategy through IDEO. He is a Board member of the Ivey School of Business' Leader Project, working on-site with entrepreneurs in Haiti and Lithuania, Chairs the Advisory Board of Management Studies at Humber Business School, and keynote speaker on organizational capacity building and creativity. Paul believes that finding the best way forward needs everyone's voice is at the table.

**Nicole Flynn • Belleville ON**  
*Beyond the Obvious*

"Yes, I do have Down syndrome, but that doesn't stop me. My name is Nicole 'Challenge' Flynn. Along with an extra chromosome, I inherited society's negative attitudes and assumptions from the past generations. In my 30 years, I have dispelled myths, broken barriers, and smashed stereotypes."

Nicole Flynn is a graduate of the Loyalist College General Arts and Science diploma program (not modified). Nicole is a photographer, a philosopher, an entrepreneur, an Associate Consultant with

People Minded Business (PMB), and an international medalist in three sports. She is a global citizen who believes in freedom, power, and prosperity for everyone.

Nicole's goal is to experience and learn more about what is happening around the world and to share her knowledge with others.

### **Deepika Grover • Ottawa ON**

*From Bystander to Ally*

Trained as a feminist political scientist, Deepika works from an anti-racist stance, with attention to intersectionality, systems change, racial equity and decolonization. She is a continuous learner, un-learner and re-learner. She finds more beauty in questions than answers. She believes deeply in the power of solidarity, or how the relational can co-emerge new things that make space for more justice and equality.

Deepika works with the Government of Canada, as part of the Canada's Free Agent program. As a Free Agent, she takes on assignments related to public sector innovation, doing this work in intersectional and inclusive ways as she integrates new technologies, modes of data collection, participatory approaches and co-design methods into public policy domains. She has previously served in innovation and organizational design capacities at the Public Health Agency of Canada, Canadian Heritage, the Privy Council Office and Global Affairs Canada. Her current assignment is as Senior Strategist, Anti-Racism at Finance Canada.

### **Sophie Harvey • Montreal, QC**

*Biodanza*

Trained as an engineer (Polytechnique Montreal), Sophie Harvey has been coaching (PCC) for 15 years. Based in Montreal, Sophie brings her ability to align people with their felt sense and access their somatic intelligence. Sophie is a Biodanza facilitator, co-designer of the Vortex, a method of creativity by emergence. She regularly participates in creativity events (Mindcamp Canada, Mindcamp Chile, Crea-France, Crea Conference ).

### **Tim Hurson • Toronto, ON**

*Writing Freely*

Tim helps organizations and individuals think more productively. His experience is the basis for the principles and tools in his book: *Think Better*.

Tim speaks around the world about how to develop creative leadership to manage change rather than be swamped by it, and has guest lectured in business schools in the US, Canada, UK, Mexico, Chile, and Australia. He is a founding director of Mindcamp and father to four wonderful human beings, Emily, Branwen, Peter, and Max, and grandfather of Joseph and Claire.

Tim thinks the phrase "out of the box thinking" should be put back in the box and buried in a deep hole.

**Anthony Hyatt • Bethesda MD**

*The Art of Presence*

Anthony Hyatt, violinist, singer and dancer, is a teaching artist and medical musician working in partnership with many Washington DC area health and human service organizations. He is an artist in residence at the MedStar Georgetown University Hospital and in the Smith Center for Healing and the Arts' program partnership with Virginia's Inova Healthcare System.

He plays music of many genres and is a student of improvisation practices who believes that The Art of Presence promotes the emergence of healing experiences. Anthony has, since 1997, been leading creative engagement programs at adult care facilities.

For 22 years he was co-director of the Arts For The Aging Quicksilver senior citizen improv dance company. He has served as a master trainer for the National Center for Creative Aging, as a Dance for Parkinson's Teacher and as a presenter at many international creativity conferences. He is working on a book about his Arts in Healthcare experiences.

**Megan Mitchell • Toronto ON**

*Mighty Magical Ideas*

Megan Mitchell is a consultant, speaker, author and educator. She is an Innovation and Leadership Consultant and the Program Director for Schulich ExecEd's Centre of Excellence in Innovation.

Megan believes in soaking up every opportunity to grow. She recently completed her Masters in Positive Psychology and Coaching Psychology from

the University of East London. She recently completed her Certificate in Positive Psychology. Megan believes we are all creative; her passion is to help people discover their unique gifts and ways of contributing for greater business success and personal fulfillment.

When not traveling, Megan loves hosting salons, walking around her neighbourhood, getting her hands dirty in the garden or creating in stained glass.

**Liz Monroe-Cook Oak Park IL**

*Hatching Ideas*

Liz Monroe-Cook, Ph.D., has extensive experience as a consulting psychologist focusing on individual, group and organizational effectiveness. She uses creative thinking skills and Polarity Thinking in much of her facilitation and training work. She draws a lot of her own learning from cognitive and social psychology.

She serves as a leader at the Creative Problem Solving Institute, is a graduate of the Polarity Thinking Mastery Program, and is past chair of the Board of the Creative Education Foundation.

She is the recipient of the Creative Education Foundation's Distinguished Leader award, and presents at many creativity and professional development workshops, including CPSI, CREA, and the Florida Creativity Conference, as well as Mindcamp. A rich array of clients — academic, corporate, government and nonprofit — has given Liz many chances to focus on creativity elements!

**Denise Pinto • Hamilton, ON**

*Your Mother's Eyes*

Denise Pinto is a writer, design strategist, social innovator, and systems-shaper who helps Fortune 100 clients use Conscientious Innovation in service of people and the planet. She is relentless about ecosystem thinking and regenerative approaches to products, services, and technologies. She has convened conversations that drive high-impact, ethical, and inclusive frameworks for government, non-profit, and corporate clients for over 15 years.

She is currently a Senior Manager of Innovation at global consulting firm, Accenture, where she leads a team of Impact Makers across North America. Denise was formerly the founding Creative Director of Courage Co-Lab, a design instructor at the Institute Without Boundaries, and the Executive Director of a global civic project to engage neighbours in community-building through walking dialogues (for which she received a Vital Person award). Denise lives, works, and writes from her home base in Hamilton, Ontario, sharing the joy and journey of life with her soulmate, Robert Wakulat (also a devoted Mindcamper!) and their endlessly creative son, Quincy.

**Zachary Townesmith • Maryville, TN**

*Sunrise Yoga*

Zachary inspires participation and thoughtful consensus in a wide array of groups. He is dedicated to developing intercultural relations and facilitating innovative solutions for regenerative well-being.

His Cum Laude B.A. from Harvard College led him to explore issues of privilege and work for justice from his hometown of Philadelphia to the Guatemala City garbage dump. This work has taken him throughout the Americas engaging diverse stakeholders in strategic planning through the development of creative and critical thinking in fields such as education, public health, business, creative industries, and entrepreneurship.

His 500hr Yoga Teacher training instills a diversity and depth to his facilitation. He embodies these ancient practices in ways that are socially relevant and culturally appropriate.

He believes that interpersonal relationships and creativity are the keys to regenerative enterprise, and works in settings ranging from corporate board rooms to dirt-floored rural schools.



