



Meditation as an Act of Love Presenters:

Patricia Galaczy B.A., M.I.R.



Patricia is a Leadership Educator and qualified and experienced instructor of Mindfulness Meditation and MBSR. Patricia's extensive and on-going training in mindfulness meditation includes 18 years of dedicated meditation practice and teaching, over 30 long silent retreats, an 18-month Mindfulness Teacher Training at Spirit Rock Meditation Centre, Certified Yoga Teacher since 2004, and formal MBSR training with Jon Kabat-Zinn and the Centre for Mindfulness UMASS Medical School.

Dr. Mark Sherman MD CM, CCFP



Mark is a family physician, mindfulness instructor and the Executive Director of the BC Association for Living Mindfully (BCALM). Mark is certified in Mindfulness Based Stress Reduction (MBSR), Cognitive Behavioral Therapy (CBT) and Hatha Yoga in the Sivananda School of Yoga. Mark has facilitated courses, workshops and retreats on mindfulness and meditation for over 12 years and has a personal practice of yoga and meditation for 20 years. Mark is a proud husband and father of two children who are his greatest teachers.