Live-Online Mindfulness Meditation Retreat: Incorporating Mindfulness into Daily Life

February 4-6, 2022

Teachers and Mentors

Marv Belzer
Marvin G. Belzer, PhD, has taught mindfulness meditation for twenty years. He is an Adjunct Associate Professor in the UCLA Department of Psychiatry and Biobehavioral Sciences. For many years he taught a semester-long meditation course in the Department of Philosophy at Bowling Green St. University, where he was an Associate Professor of Philosophy. He teaches an undergraduate course at UCLA (Psychiatry 175: Mindfulness Practice and Theory) and teaches mindfulness in many different venues in Los Angeles.

Cara Lai
Cara Lai started meditating over ten years ago, and began sitting long retreats regularly in 2011. Most of her practice has been in the IMS/Spirit Rock tradition, although she has explored many other avenues of self-discovery. She seeks to find freedom through her own intuitive process, however that may vary from the ways we normally think about Buddhism, and to help others do the same. Nature, intuition, and the body are all integral to her teaching. She teaches for Inward Bound Mindfulness Education and works as a mindfulness-based psychotherapist, artist, and occasional wilderness guide. She has a Masters in Social Work from the University of Vermont; and in the past has worked in a therapeutic high school, an adoption agency, and various outdoor education settings. In 2020 she will complete the Spirit Rock Teacher Training Program. In her spare time she enjoys walking and watching plants grow.

Matthew Brensilver, PhD
Matthew Brensilver, PhD, is a member of the Teachers Council and Guiding Teachers Committee at Spirit Rock Meditation Center. He previously served as Program Director for Mindful Schools and for more than a decade, was a core teacher at Against the Stream Buddhist Meditation Society. He lectures at UCLA’s Mindful Awareness Research Center about the intersections between mindfulness and mental health. Before committing to teach meditation full-time, he spent years doing research on addiction pharmacotherapy at the UCLA Center for Behavioral and Addiction Medicine and is interested in the unfolding dialogue between dharma and science. Matthew is the co-author of two forthcoming books on meditation in adolescence.
Kevin Davis
Kevin Davis is the Founder and President of Kevin Davis Insurance Services and is a trained Mindfulness Facilitator through the UCLA Mindful Awareness Research Center in Los Angeles. Over the past several years he has specialized in teaching mindfulness for the health and wellbeing of individuals in the insurance industry.

At Kevin Davis Insurance Services, he has developed the Mindfulness Monday program during COVID in 2020 where he hoped to empower individuals by using mindfulness techniques to deal with the mounting pressures that COVID represented.

His work with mindfulness has been mentioned in a variety of publications including the Insurance Journal and The Edge.

Khalila Archer
Khalila Archer is a mindfulness and yoga instructor with 20+ of personal practice. Introduced to yoga and meditation in her teen years, she has attended many multi-day silent meditation retreats, including two month-long retreats. Her background includes over a decade as a wilderness educator leading multi-day expeditions for a variety of educational organizations, as well as teaching interdisciplinary curriculum in formal classroom settings and beyond. She holds a B.A. in Adventure-based Environmental Education from Prescott College and over 500 hr Yoga Teacher Training hours.

Khalila teaches meditation retreats for all ages through Inward Bound Mindfulness Education (iBme) in both residential settings and remote wilderness environments. Her teaching is grounded in nature awareness and connection, mindfulness meditation as a means for insight, care, and well-being, and social justice praxis that recognizes our interdependence and collective need for freedom. Khalila currently serves on the iBme Board of Directors and is part of the core faculty for the iBme Mindfulness Teacher Training.

Tina Carlson
Tina Carlson, CMT-P trained at UCLA’s MARC and with Inner Kids, Mini Yogis, and Mindful Schools. She sees clients privately, teaches mindfulness at schools to students and faculty, and has guest lectured at universities.

At UCLA, Tina has worked on studies with the Schools of Public Health, Medicine, and Education, taught MAPs, facilitated counseling center drop-ins, and the family support group at the Early Childhood Partial Hospitalization Program at the Semel Institute. She has worked for Yongey Mingyur Rinpoche’s Tergar and loves offering family programs in mindfulness, creativity, and compassion at the Hammer Museum.
Jacqui Clay
Jacqui teaches mindfulness in public schools through the non-profit Art Active, Inc. and is a mentor for Inward Bound Mindfulness Education. She works with teens and young adults as an Outreach Services co-facilitator of the Youth Empowerment & Enrichment Group for the Southern California Counseling Center where she trained in community counseling.

Joy Adams
Joy Adams is a UCLA-Trained Mindfulness Facilitator, UCLA Mindful Awareness Research Center (MARC). She completed the year-long UCLA facilitator training in 2020. She is recognized as a Certified Mindfulness Teacher, Professional (CMT-P) by the International Mindfulness Teachers Association. In 2019, she also graduated from the UCLA MARC Intensive Practice Program (IPP). Joy currently facilitates monthly mindfulness sessions. She is also a Mindfulness Personal Development Coach. Through her coaching and mindfulness sessions, she creates a compassionate loving space for individuals to allow healing of self from the inside out. Joy lives in Huntington Beach with her two amazing sons.

Nicola Bentley
Nicola Bentley is the founder and lead educator with ClarityWorks Training. Nicola is a trained mindfulness facilitator through UCLA Semel Institute’s Mindfulness Awareness Research Centre where she currently serves as a mentor. Nicola facilitates mindfulness for workplace environments in all sectors with a particular focus on supporting the social-service, not-for-profit sector. As a mindfulness facilitator Nicola brings a unique blend of corporate, government, and not-for-profit experience to self-awareness training and team development. Nicola was first introduced to Vipassana meditation more than twenty years ago; she also teaches yoga and writes about wellbeing and mindfulness. Her work has been published in Pique Newsmagazine.

www.Clarityworks.ca
Brittany Kamphues
Brittany Kamphues is a certified ecstatic dance producer, Level 1 qualified MBSR teacher, and 500-hour registered yoga teacher with a fifteen-year personal mindfulness practice.

Ali Mossaver-Rahmani
I have nomadic sensibilities. Border-crossings (not just physical) and Boundary-walking (on the thin edge of barbwire – homage to Anzaldúa’s "Borderlands/La Frontera") are foundations of my journey. By fourteen I had lived-in five countries; three continents; spoke 3 languages. To be homed, un-homed, homebound/home-bound, home and home/land are terms freighted and weighted and waited. Yet/still/and...liminality and the interstitial are both sources of power and agency. I think of myself as accented. I write, think, experience, walk, breath, notice and refract accentedly. Perhaps you know. Perhaps this thin reed of connection...this sense of home/less/ness is "This bridge we call home."

Tanzanite Msola
Tanzanite has a long-term interest and passion in supporting young people academically, emotionally, and helping them achieve a creative outlet. Tanzanite spent many years in Massachusetts working with young people from all different cultural and economic background, with all levels of ability and disability. Tanzanite was introduced to meditation at a young age by attending the Insight Meditation Society’s (IMS) Family and Teen Retreats. As Tanzanite leaned into "adulthood" she returned as a staff volunteer for IMS Teen Retreats and for Inward Bound Mindfulness Education (iBme) Teen Retreats. In 2018 Tanzanite completed the iBme Teacher Training Program. Tanzanite has found it truly rewarding and a privilege to witness the positive effects of hands-on projects, building a personal connection, and understanding that each moment is a learning experience through mindfulness.
Michael Porterfield
Michael T. Porterfield (CMT-P, IMTA), is a longtime practitioner of mindfulness and meditation. Extensively involved with UCLA MARC, he has completed both the Intensive Practice Program (IPP) and the Training in Mindfulness Facilitation (TMF). As a teacher, coach, and mentor for over 35 years, Michael has worked with people of all ages and from all walks of life. He's committed to the development of the whole person to live in love and peace for and with others. Michael is passionate that the consistent practice of meditation and mindfulness cultivates the ability to live a full and authentic life.

Nirosha Ruwan
Nirosha Ruwan is a lawyer, entrepreneur, and mindfulness teacher. She is the founder of Mindful Bug (www.themindfulbug.com), an online mindfulness resource, and Coding for Treasure, a technology company. Nirosha learned meditation as a child, in the Vipassana tradition. She completed the TMF program at UCLA in 2019 and received a BA from Harvard College and JD from Harvard Law School. After graduating from law school, Nirosha worked in the conflict resolution field in Cambodia and Sri Lanka. She currently teaches mindfulness to lawyers, professionals, parents, and kids.

Molly D'Amecourt
I completed the IPP in 2016, and the TMF in 2017, both at UCLA. After obtaining a degree in Early Childhood Development from LMU I spent 6 years volunteering in the Kindergarten and Pre-K special needs programs at Hancock Park Elementary, then piloted a Mindfulness curriculum there in 2015. Since 2017 I have been teaching Mindfulness at the Lycée Français de Los Angeles and in 2020 branched out to a school in Dallas (on zoom). I am passionate about yoga and recently completed a 200 hour yoga teacher training. I am also a sound practitioner and love conducting sound baths. I teach privately with small groups, one-on-one, and hopefully again in person at the Powell Library at UCLA. I am a wife and mother of two. I live and practice in Los Angeles.
**Jingjing Zhu**

Jingjing Zhu, Ph.D., Certified Mindfulness Facilitator from UCLA, Buddhist Scholar, Meditation teacher, Educator, Consultant, Radio broadcaster. Jingjing has practiced meditation and studied Buddhism around the world. She has spent time on retreat in monasteries and retreat centers in Chinese, Japanese, South Korean, Tibetan, and Southeast Asian traditions. Jingjing received her doctoral degree in Religious Studies with areas of specialization in Chinese Buddhist women’s practice in the Song Dynasty, Buddhist nun’s ordination, and cross-cultural comparative religious studies. She also practices the Chinese and Japanese Tea ceremony and tries to revive the essence of Zen practice in the Tea ceremony.

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**Silvia Shin**

Ms. Silvia Shin is a Certified Mindfulness Teacher by the International Mindfulness Teachers Association, a professional coach, a Registered Nurse and a Board certified Public Health Nurse. Silvia’s mindfulness practice journey began when she attended a 10-day silent Vipassana meditation course in January 2011. Since then mindfulness meditation has become a life-changing daily living practice in helping to live a balanced, joyful and fulfilling life. She has been incorporating mindfulness practice in her profession of organizational development and training by teaching public health professionals such as nurses, physicians, educators and community workers as well as her coaching clients.

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**Tonya Jones**

Tonya has been practicing in the Vipassana tradition (insight meditation, or mindfulness) for 12 years, has sat many silent retreats and is a certified mindfulness facilitator (UCLA MARC). She is a mentor for UCLA’s Intensive Practice Program, a guest teacher at InsightLA’s POC Sangha, and a director at a national organization that provides employment services to the formerly incarcerated, where she also teaches mindfulness to staff and program participants. Tonya also has a background in the arts and humanities as a practitioner, educator, and program manager. She is particularly interested in working with teens and young adults, creatives, organizations and businesses, and populations impacted by systemic racial trauma.
**Maïté Paillet van Lohuizen**

Maïté is an Internationally Certified Meditation Teacher, Professional Level through IMTA. She is a TMF Graduate from the UCLA Mindful Awareness Research Center, Semel Institute for Neuroscience and Human Behavior, as well as a Mindfulness Based-Stress Reduction Teacher trained at UMass Medical School. She is a Comprehensively Certified Pilates Master Teacher through NPCP, National Pilates Certification Program and a 500-Hour Certified Registered Yoga Teacher through Yoga Alliance.

Maïté is founder of The Institute for Integrative Mindfulness and Movement. She works with people from all walks of life, in private, group and organizational settings.

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**Kristen May**

Kristen May is a Jamaican-American, iBme Mentor, member of the Communities of Color Leadership Team, Mindfulness Facilitator, comedic improvisor, speaker, and engineer. In her younger engineering days, Kristen encountered many challenges which led her to her first silent meditation retreat in 2013. Kristen became a yoga teacher in 2016, started her YouTube channel “maylovelight” in 2018, and began teaching mindfulness in schools and where she worked. In 2019, she became a certified Mindfulness Facilitator and received her certification through the University of California Los Angeles’ Mindful Awareness Research Center, Semel Institute for Neuroscience and Human Behavior. She loves spending time talking about the importance of mental health and growth she has encountered on her own journey. Kristen has been featured on podcasts and has presented in several STEM conferences, sharing her passion to raise mental health awareness.
**Joseph Cook**
Joseph was first introduced to meditation in college and since has become deeply invested in the scientific scholarship of mindfulness and contemplative science as a way to improve communication and affect positive change. He is a graduate of UCLA Mindful Awareness Research Center's Training in Mindfulness Facilitation and currently honored with an Advanced Fellowship In Health Professions Education Evaluation and Research at San Francisco Veterans Administration Medical Center, Center of Excellence in Primary Care Education.

**Reuben Weiss**
Reuben is a UCLA Alumnus and graduated from Columbia University, M.A in Social-Organizational Psychology. His mindfulness practice began in 2012 and has since completed extensive silent retreat experiences, implemented mindfulness within his professional career and graduated from the UCLA Mindful Awareness Research Center's Training in Mindfulness Facilitation in 2021.