

Presenter Bios

Victor Anderson-Victor has trained in the Burmese Vipassana tradition. He was in robes for 2 1/2 years and has logged a total of 4 years in formal retreats. Vipassana means "Special Insight". The training is working with basic awareness by following the breath closely. Alternately, one generates loving feelings for others which brings warmth to the mind and also strengthens mindfulness.

Karen Beetle-Karen Beetle is a therapist and mindfulness teacher. Her introduction to meditation in 1995 was the eight week MBSR course. She has continued her formal practice in the Vipassana tradition as it is taught in the US. She continues to deepen her practice through retreats and teacher-led training.

Oded Ben-Ami- is a mystic, writer, teacher, mentor, Qigong master and musician. He dedicates his time to the exploration of the non-physical realm, its effect on our physical world and the means by which it can be affected by the mind. Oded writes regularly for the Times Union Holistic Health Blog, as well as his own blog at <http://odedbenami.com>. He teaches Qigong at the Colonie Senior Center, the Schenectady JCC and Soluna Yoga among other places.

Judi England- RN, licensed massage therapist, and professionally certified Kripalu Yoga instructor. Judi has offered programs in wellness, meditation, and stress management for over 20 years throughout the Capital Region, She currently serves as Senior Health education Coordinator for Jewish Family Services of NE New York and as an independent Health Educator for businesses and organizations. Her blog Holistic Health has appeared in the Times Union for 10 years.

Tamara Gevici-Tamara Geveci ordained as a lay member of Thich Nhat Hanh's Order of Interbeing (Tiep Hien) in 2013 and was given the name True Precious Energy by Thich Nhat Hanh. She enjoys the mindful practices of meditation, Tai Chi, Yoga, and the daily practice of mindfully parenting her 9-year-old twins. Tamara practices regularly with Kingfisher Sangha in Schenectady and is an active member of UUSS.

Bethany Gonyea- Bethany Gonyea is a biofeedback specialist, Institute of Heartmath Resilience Mentor and founder of The Albany Peace Project, a 10 year research study designed to determine how many trained meditators creating a "coherent state" in their bodies and then focusing peaceful intention outwardly measurably reduces local violence.

Elissa Kane- Kane & Lekakis, consultants working with individuals and groups to build healthy organizations and manage change. [518-248-6291](tel:518-248-6291).

- Director of the Shambhala Meditation Center of Albany, Learn to Meditate every first and third Wednesday of the month! www.albany.shambhala.org *where Peace begins with your own mind.*
- Trustee, Albany Public Library, www.albanypubliclibrary.org, <https://www.facebook.com/elissakanelibrarytrustee>

Kingfisher Sangha-Kingfisher Sangha is a community of mindfulness practitioners that meet in tradition of Thich Nhat Hanh. We gather together weekly to practice meditation, explore what it means to live mindfully and support each other as we water the seeds of compassionate action in ourselves and the world. We have weekly sangha gatherings in Schenectady, Stillwater, and Troy. For more information go to www.kingfishersangha.com.

Lama Zopa-the resident Lama of Albany KTC Buddhist Center. He has studied Buddhist philosophy at Pullahari monastery in Nepal, and has completed two 3 year retreats under the guidance of Khenpo Kathar Rinpoche, abbot of KTD monastery in Woodstock, NY. In 2008, he received monastic vows from Kyabje Thrangu Rinpoche at Namo Buddha, Nepal.

Lenore Flynn- has been teaching mindfulness based stress reduction classes and speaking to groups in hospitals and organizations since 1993. Lenore is a RN and has a Masters Degree in Complementary Therapies. She completed an internship at the Stress Reduction and Relaxation Program at the University of Massachusetts Medical Center. She is a trained MB-EAT (Mindfulness Based Eating Awareness) facilitator, Dignity Therapist, Compassion Fatigue Professional, certified grief counselor and holds a certificate in contemplative end of life care. Lenore is an instructor at the Albany College of Pharmacy and Health Sciences and Maria College in Albany.

Steve Flynn- has been presenting mindfulness based stress reduction classes since 1997 and facilitating groups focused on addiction since 1998. He has a MA in Clinical Mental Health Counseling and he completed an internship at the Albany VA Chemical Dependency Program. Steve is a Vietnam veteran. He completed an internship at the Stress Reduction and Relaxation Program at the University of Massachusetts Medical Center. Steve has completed training in facilitation of Mindfulness Based Relapse Prevention and is a grief counselor.

Mason McDermott- is a New York State Licensed Massage Therapist who studied at the Center for Natural Wellness School of Massage Therapy. He earned a Bachelor of Arts Degree in Psychology from The Sage Colleges of Albany. Weaving together his knowledge of science with traditional yogic principals, Mason offers

insight into the nature of the mind as it pertains to the practice of meditation and mindful living. Rooted from a practice in mindfulness, his focus is on encouraging and educating people on enhancing one's physical, mental, and spiritual awareness and how it relates to one's well-being.

Rev. Crystal Muldrow serves as the minister of Unity Church in Albany (ordained in 2006), Rev. Crystal was also ordained as a Buddhist monk in 2012 and has served as a dharma teacher for Dharmakaya Buddhist Association in Kansas City, MO

Rev. Sam Trumbore has served as minister of the First UU Society of Albany since 1999. He began Theravadan Vipassana mindfulness practice in 1985 and practices under the influence of many teachers, primarily associated with the Insight Meditation Society in Barre, MA.