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## **Infinite Gathering Integrative Health and Mindfulness Virtual Conference**

This October 2-5th, Maggie will be presenting on *The Science of Happiness from Yogic and Western Perspectives* along with 35+ renowned presenters including leading visionaries, physicians, scientists, therapists and artists. Keynotes Speakers will be Dr. Gabor Maté, Retired Physician and Best-Selling Author. YTI's Neil Pearson will also be presenting.

### **Science of Happiness from Yogic & Western Perspectives with Maggie Reagh**

In this workshop, you will learn some easy ways to bring cultivate a more joyful life from both Yogic & Western science perspectives. We will begin with an interactive 45-minute presentation and discussion, outlining what Science claims are the most effective ways of cultivating Happiness from both Hedonistic and Eudaimonic frameworks. We will review the vast scope of what we call "Happiness" from promoting the everyday life pleasures of relationships, meaningful work, food, physical activities, entertainment, and sleep to creating deeper life meaning through cultivating virtuous behaviour, self-determination, and ultimately connecting an to Inner Stillness that is not solely dependent on outer life, physical or material circumstances.

We will complete our discussion with a 45-minute somatic experience of how to move, breathe and meditate in Yogic mindful ways that help us let go of painful emotional and physical challenges, while connecting to a Stillness within us that promotes the experience of endless Joy, the ultimate promise of Yoga.

Please wear comfortable clothing, a Yoga mat (or towel) to lie down on, as well as a blanket to make relaxation poses more restful at the end of the practices. All tools introduced will have both an academic and somatic framework. No experience is needed and all are welcome!

To register for this conference, please visit [www.theinfinitegathering.com](http://www.theinfinitegathering.com) [1]

The banner for the 'Integrative Health and Mindfulness Virtual Conference' is presented by TheINFINITEGathering and BC Children's Hospital Foundation. The 2020 theme is 'AWAKENING YOUR INNER HEALER'. The conference is held from October 2nd to 5th, 2020, and registration is available at [www.theinfinitegathering.com](http://www.theinfinitegathering.com). The banner features 36 circular portraits of speakers, each with their name and credentials listed below.

**2020 THEME: AWAKENING YOUR INNER HEALER**

**DATE: OCTOBER 2<sup>ND</sup>-5<sup>TH</sup>, 2020**  
**REGISTER AT [WWW.THEINFINITEGATHERING.COM](http://WWW.THEINFINITEGATHERING.COM)**

**Speakers:**

- DR. GABOR MATÉ, MD
- DR. THUPPEN JINPA
- DR. ALEXINA MEHTA, ND
- DR. TANYA GEE, DR.TCM
- DR. DAVID PERLMUTTER, MD
- DR. BAL PAWA, MD
- HAZEL WALKER
- DR. JONATHAN FISHER, MD
- DR. NASHA WINTERS, ND
- JUAN RUIZ SAUPARI
- MAGGIE REAGH, C-KYT
- DR. SHALASH MICKY BANSAL
- MISCHA HARRIS
- DR. LISA GOOD, ND
- PETER SANDE
- GEN SOPA GIANTSO
- SARAH HODSON
- JANGCHUP CHOEDEN
- DR. SONYA JENSEN
- NEIL PERSON, PT, MSC
- BONNIE KAPLAN
- CHRISTY M HALL
- PARSA EHSAN
- FARIHAD KHAN
- DR. NICHOLAS JENSEN
- JULIE BLUE
- REBECCA JOHNSTON
- DR. JOSEFA RANGEL, MD
- CAROLINE HORTON
- BELÉN MENESES ANGELES
- ANTONIO SAUSYS, MA, IGT, CBT, C-KYT
- DR. LAWRENCE CHENG, MD
- HEATHER OGDENRAJ

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