A Year-long Online Mindfulness Meditation Immersion

What if waking up didn't just mean starting your day but stepping into a life with greater ease, clarity, and wisdom?

Join meditation instructors Brayden Jones and Leo Lobbestael, trained under Jack Kornfield and Tara Brach (MMTCP), for this year-long, trauma-informed workshop. Through meditation, grounded teachings, and the facilitators' personal insights gained from sacred medicines (often referred to as psychedelics), we explore wisdom that doesn't belong to anyone or anything but arises naturally when the body, heart, and mind rest in the present moment.

This program is for anyone seeking greater balance, deeper understanding, or safe exploration of transformational practices. We honour all paths—come as you are.

Leo Lobbestael MA, RP, MMTCP.

It is my lived experience that what we call healing is really a profound encounter with the present moment. This present moment contains a wisdom, clarity and stillness that is untouched by all our troubles and traumas. A vast clear light spaciousness that is owned by no one but connected to all.

Yet most of us live disconnected from this saying we are too busy, too tired or lack certain tools or resources. I know for myself I have been more than a little scared to look within myself. If I wanted to make change in my life I slowly realized that I had to be kind with myself first. Gently turning toward the present moment is a courageous act of kindness that can begin to awaken us from the confusion we face around suffering and live with more peace, clarity and love.

Leo has spent the last 20 years working with a range of meditation practices. He is trained in Neurodynamic breathwork and is a MMTCP certified Meditation Teacher under Jack Kornfield and Tara Brach. His approach to teaching is compassionate, gentle and playful. Leo is also a Registered Psychotherapist in Ontario where he works with a somatic approach to healing.

Leo's work is not about teaching something new but an invitation to inhabit, engage and embody this life, this wisdom, that exists in this moment, right here, right now.

Brayden Jones MMTCP.

Brayden is very passionate about the awakening of present moment awareness, wisdom and love. His presence is warm and he facilitates with discernment and care.

I know what it's like to feel lost, depressed, disconnected, without meaning, full of anger, grief and fear. I feel so blessed to have been introduced to these self awareness practices that have opened a totally new way of experiencing life. Healing and awakening is real and possible for every human being that seeks with sincerity. Thankfully peace and love is our true nature. I'm happy to share what I have learned (and unlearned) and be a space of support and compassion for you on this journey together!

Brayden is a certified Breathwave Conscious Breathing Facilitator, experienced ceremonialist and MMTCP certified Meditation Teacher under Jack Kornfield and Tara Brach. Brayden does not ask you to believe anything, but instead to question everything you believe, inquiring with patience, persistence and discernment to find what is true.

To Register or for More Info:

info@toquestion.ca

647.893.6463

Program Details:

- 2 90 minute online group sessions per month that include a didactic teaching portion and an experiential practice portion.
- 1 120 minute online group session every second month with breathwork or meditation for a deeper immersion into experiential education.
- 12 month program.
- Timeless teachings focusing on 10 core Foundational understandings found in many of the worlds ancient traditions.
- Connection to community
- Unlimited direct access to conversations with facilitators for further guidance through WhatsApp and 2 live 60 minute coaching calls over course of program.

Fee: $140 Dollars per month or $1620.00

For those in financial need there are a limited amount of scholarships available. Please contact us directly to discuss your situation.

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*Please note, this workshop is not a substitute for psychotherapy. Working with meditation practices can bring up deep rooted complexities in ones life.

START DATE: March 1st, 2025. End Date March 31st, 2026