



ROY HINTSA is an MBSR facilitator who has trained extensively with Dr. Jon Kabat-Zinn and the professional staff at the Center for Mindfulness at the University of Massachusetts Medical School. Roy began studying meditation techniques in 1996, shortly after leaving a successful career as a construction industry and manufacturing executive. In 1998 he began his association with the Center for Mindfulness. With the encouragement of Dr. Kabat-Zinn, Roy created Toronto MBSR Workshops in 1999 as a non clinical practice and has been conducting mindfulness workshops since that time.