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## FACILITATOR PROFILE

- Jennifer Baradi is an elementary school teacher with the Toronto District School Board (TDSB), a Certified iRest® Meditation Teacher, and a yoga teacher (RYT-400) ([jenbyogi.com](http://jenbyogi.com)). She looks forward to connecting with the Alopecian Community at the CANAAF Navigate with Confidence Mental Health Day.
- iRest® Yoga Nidra Meditation is a secular practice that incorporates Eastern & Western philosophies, science, and research. It is used in places including healthcare, military, and schools to provide support for needs such as PTSD, anxiety, and chronic pain.