Mind the Moment Instructors

Tara Healey

Tara is the director of Harvard Pilgrim Health Care’s *Mind the Moment* mindfulness program.

Since 2006, Tara has been developing mindfulness workshops and courses that have been conducted at hundreds of organizations across the U.S., in a wide variety of industries. Additionally, Tara has spoken about mindfulness at numerous events domestic and abroad, and regularly contributes to mindfulness publications in print and on the web.

Tara became a student of mindfulness over 20 years ago, and sits silent retreats annually with the teachers at the Insight Meditation Society in Barre, Mass. She has served on the boards of the Insight Meditation Society as well as the International Mindfulness Teachers Association, and as a WELL Mind Advisor for the International WELL Building Institute.

Robert Bonazoli

Robert is a clinical social worker, psychotherapist, university lecturer and MBSR teacher in private practice in Boston. He has over 20 years’ experience working with individuals, families, organizations and groups facing challenges, grappling with suffering, and aspiring toward greater understanding, fulfillment, effectiveness and connection in their lives, work and relationships.

Robert began his study and practice of mindfulness meditation in 1999 and completed training as an MBSR instructor at the Center for Mindfulness at UMass Medical School in 2008.
Paul Fulton, Ed.D.

Paul R. Fulton, Ed.D., is a clinical psychologist and psychotherapist, and founding member and former president of the Institute for Meditation and Psychotherapy. He has been practicing mindfulness for over 46 years in the traditions of insight meditation and Zen. He holds a doctorate from Harvard University, where he is a Lecturer in the Department of Psychiatry, and a masters degree from the University of Chicago, and was most recently the director of mental health for Tufts Health. Paul is co-editor and co-author of Mindfulness and Psychotherapy (Guilford Press), and has authored many articles and book chapters on mindfulness and Western psychology. He has lectured nationally and internationally. He is currently Course Director for the 9 month long Certificate Program in Mindfulness & Psychotherapy offered to mental health and other healthcare professionals by the Institute for Meditation and Psychotherapy. He is in private practice in Newton, MA.

Jeff Goding

After many years serving as the CEO of a renowned management education and research firm, Jeff Goding left the company and immersed himself in the study and practice of secular mindfulness meditation. Since then, he has completed numerous silent retreats, and is a graduate of the MBSR program at the Center for Mindfulness at the UMass Medical School.

He now combines his expertise in leadership and business transformation with his research and years of meditation experience to help organizations and leaders at all levels harness the power of mindfulness to improve their overall health, satisfaction, and effectiveness.
Christine O’Shaughnessy

Christine O’Shaughnessy is the founder of Mindful Presence, offering mindfulness trainings to corporations, groups, and individuals, as well as the co-creator of the meditation app Present: Guided Meditation. She has practiced Insight Meditation for 20 years, teaching for 16. She is an RYT200 certified yoga instructor, and the co-creator of Harvard Pilgrim’s mindful movement program.

Christine brings the depth of knowledge from her career as a corporate executive into her mindfulness trainings, guiding individuals to become more effective leaders in the workplace. She has occupied senior positions at a search and consulting firm, a software company, and an investment management firm, and received her MBA from Babson College.

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Greg Topakian, Ph.D.

Greg is a long-time educator and actuary, having taught economics at Boston University and serving as Actuarial Director at Harvard Pilgrim Health Care. Greg holds a doctorate in economics from the University of California, Berkeley; masters and bachelor degrees from Brown University; and professional actuarial credentials.

Over the past thirty years, Greg has balanced his professional life with a daily practice of yoga and mindfulness meditation. Greg now devotes his time to teaching mindfulness to employees of local colleges, town governments, and corporations across the state.
Shanti Douglas

Shanti is a Mindfulness & Stress Management Coach, corporate trainer, HeartMath Coach, and the founder of 8 limbs Holistic Health in Concord, NH. Shanti has developed mindfulness workshops and programs for individuals, groups, and businesses for over a decade, helping countless people attain health and balance in their lives.

Shanti has degrees in both Psychology and Human Services, as well as advanced work in Consciousness Studies and yoga certifications. She is a key organizer of regional mindfulness retreats and facilitates several community-based groups. Prior to establishing her business in 2007, Shanti spent 20+ years in business and finance, including working as a credit manager for a global software company.

Jackie Johnson

Jackie is a Professional Certified Coach, and the principal and founder of Choice Coaching and Consulting. Leveraging over twenty years’ experience as a Leadership Coach and Organizational Consultant, Jackie helps leaders positively transform their organizations and their lives by cultivating mindful awareness and action.

Jackie has worked with a broad spectrum of clients including financial service companies; manufacturers of consumer goods, chemicals and high tech devices; professional service firms; and non-profits.

A longtime practitioner of mindfulness meditation, Jackie has deep personal retreat experience; has completed Mindfulness Based Stress Reduction (MBSR) teacher training at the Center for Mindfulness at UMass Medical School; and is a Certified Mindfulness Teacher, Professional Level (CMT-P) through the International Mindfulness Teachers Association.
Mary Starr Green

Mary is a certified yoga instructor with over twenty years’ practice experience, and a graduate of the Mindfulness Based Stress Reduction (MBSR) teacher training program at the Center for Mindfulness at UMass Medical School. Mary earned a BS in Biomedical Engineering from Syracuse and an MS in Engineering Management from Tufts and spent over ten years working in corporate research and development for a medical diagnostics company.

Since 2008, Mary has taught yoga and stress reduction tools to teens, adults and seniors in studio, workplace and community venues. She also assists in conducting restorative yoga and wellness programs at Kripalu Center for Yoga & Health.

Bonita Jones, MS, CMT

Bonita has been offering massage therapy, stress management education, and other wellness services for over thirty years, privately or through the company she founded, A Relaxed Attitude. She also works as a strategic planning, training and development consultant, and is certified to teach Mindfulness Based Stress Reduction (MBSR), as well as the Mindful Schools curriculum. Her teaching interests include mindfulness for individuals with diverse racial, ethnic, linguistic and socioeconomic backgrounds. Bonita has had a personal meditation practice since 1975, and lives in Boston, MA with her husband and two daughters.
Zeenat Potia has taught mindfulness at organizations and retreat centers in the Boston area since 2014. Her teaching stems from an aspiration to create a more inclusive and sustainable world for all who live in it. She brings to this work extensive silent retreat practice at the Insight Meditation Society, training through Mindful Schools, and 200-hour yoga certification through YogaWorks. In her mindfulness work with organizations, Zeenat brings to bear a business career of over 20 years, which focused on strategic communications in the higher education, non-profit, and publishing sectors at Harvard Business School, Oxfam America, and the Times of India. Zeenat served on the Board of Directors at the Cambridge Insight Meditation Center from 2012-2019. She is an immigrant to the United States, and a working mother of two young daughters.