

BEYONDBOLD 2026 Toronto



EVENT SCHEDULE



Morning 8:00 AM – 10:30 AM

8:00 AM	Registration & Bold Culinary Tastes <i>Light, Energy Giving Refreshments</i>	Ballroom
8:40 AM	Land Acknowledgement <i>Dance: Cotee Harper & Jonas McGregor</i>	Gazebo
9:00 AM	Connecting with Your Inner Bold <i>Manifesting Momentum with Anoop Dhamoon & Vaishali Joshi</i>	Gazebo
10:30 AM	Break Bold Culinary Tastes <i>Formal Breakfast</i>	Ballroom



Mid – Morning 10:45 AM – 12:30 PM

10:45 AM	BeyondBold Welcome <i>Helen Xenidis, Vaishali Joshi</i>	Ballroom
11:05 AM	BeyondBold Keynote <i>Vaishali Joshi</i>	Ballroom
11:20 AM	Icebreaker with Mitali Achalkar	Ballroom
11:30 AM	BeyondBold Keynote: Vivian Meraki <i>The Cost Of Holding It All Together</i>	Ballroom
11:45 AM	Workshop: Dr. Lisa Weeks <i>From Scrolling to Living Digital Wellness Practices</i>	Ballroom
12:15 AM	Discovering Your Bold Moves <i>Rashmi Mishra</i>	Ballroom
12:30 AM	Panel: Dr Mary Marano, Dr. Anne Hussain <i>Seeing Through The Fog: The Neuroscience of Hormonal Change</i>	Ballroom

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Afternoon 1:00 PM – 3:35 PM

1:00 PM	Bold Culinary Tastes (Lunch) <i>Vendor Market</i>	Ballroom
2:00 PM	Icebreaker with Mital Achalkar	Ballroom
2:10 PM	BeyondBold Keynote: Dr. Peter Lin <i>Systems Set Up For Menopause</i>	Ballroom
2:25 PM	Workshop: Dr. Ky Lo <i>Managing Hormones With Food</i>	Ballroom
3:05 PM	Workshop: Vivian Meraki <i>The Power of Emotions: Connecting Your Emotions To Your Identity</i>	Ballroom



Closing Experience 3:35 PM – 5:00 PM

3:35 PM	Discovering Your Bold Moves: Amy Tsai <i>Culinary Experience (Dessert Of course!)</i> <i>Vendor Market</i>	Lakeside Garden
4:30 PM	Raffle, Gratitude & Closing <i>Helen Xenidis, Vaishali Joshi</i>	Ballroom
