



Dialogue on Aging Public Presentation Series

*A partnership between Providence Health
Care and the Edwin S.H. Leong Centre
for Healthy Aging*



**Providence
Health Care**



THE UNIVERSITY OF BRITISH COLUMBIA

Edwin S.H. Leong Centre for Healthy Aging
Faculty of Medicine

Dialogue on Aging Public Presentation – June 19th, 2025

Virtual Presentation: 2:50-3:50 PM

Ancestral Awareness: Indigenous Contemplative Practices and Healing

Dr. Michael Yellow Bird
MSW, Ph.D



Michael Yellow Bird

**Professor, Faculty of Social
Work, University of Manitoba**

Indigenous contemplative practices and teachings have enabled Indigenous Peoples to develop an important paradigm of healing that has important implications for western medicine and health care providers who work with Indigenous Peoples. In this presentation, Dr. Michael Yellow Bird uses Indigenous wisdom and western science to show how Indigenous contemplative approaches can create important changes in the brain and body and can prevent, heal, and cure, many emotional and physical diseases brought about by colonization and the current Western industrial lifestyle.

Michael Yellow Bird, MSW, PhD, is a Professor at the Faculty of Social Work at the University of Manitoba. He is an enrolled member of the MHA Nation (Mandan, Hidatsa, and Arikara) in North Dakota, USA. He has held faculty and administrative appointments at the University of British Columbia, University of Kansas, Arizona State University, Humboldt State University, and North Dakota State University.

His research focuses on the effects of colonization and methods of decolonization, ancestral health, intermittent fasting, Indigenous mindfulness, neurodecolonization, mindful decolonization, and the cultural significance of Rez dogs. He is the founder, director, and principal investigator of The Centre for Mindful Decolonization and Reconciliation at the University of Manitoba. He serves as a consultant, trainer, and senior advisor to several BIPOC mindfulness groups and organizations who are seeking to incorporate mindfulness practices, philosophies, and activities to Indigenize and decolonize western mindfulness approaches in order to address systemic racism and engage in structural change.

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