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Ari Kaplan is principal of Kaplan Law, Canada's leading law firm dedicated to pension benefits dispute resolution. He is Canada's leading mediator and arbitrator with expertise in pensions and benefits law and has top rankings in Chambers®, Lexpert® and Best Lawyers®. Ari has represented clients before the superior courts of Ontario, British Columbia, Alberta, Saskatchewan, Quebec and New Brunswick and has appeared before the Ontario Court of Appeal, Quebec Court of Appeal, New Brunswick Court of Appeal, Federal Court of Appeal and Supreme Court of Canada. He is a part time professor of law at the University of Ottawa, a member of the ADR Institute of Canada, a founding member of the Family Dispute Resolution Institute of Ontario and was the Attorney General's appointee to the Board of Trustees of the Law Foundation of Ontario. Ari is the author of *Pension Law*, Canada's first book in the field, for which he was a co-recipient of the Walter Owen Book Prize for outstanding new contribution to Canadian legal literature. Ari holds law degrees from Osgoode Hall Law School and is pursuing a PhD in Law from Western University in law and emotions. He also is a certified instructor in mindfulness meditation and leads wellness sessions for trustees and professionals.