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Ari Kaplan is principal of Kaplan Law, Canada's first law firm dedicated to pension benefits dispute resolution. He is Canada's first mediator with expertise in pensions and benefits law and has top rankings in Chambers[®], Lexpert[®] and Best Lawyers[®]. Kaplan 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 was an adjunct professor of law at the University of Toronto, 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. Kaplan 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. He co-authored *Pension Law 2e* (2013) and the third edition (2021) with Mitch Frazer. Kaplan holds law degrees from Osgoode Hall Law School and is a qualified mediator through the ADR Institute of Canada. Kaplan is also an instructor in mindfulness meditation and leads wellness sessions for trustees and professionals.