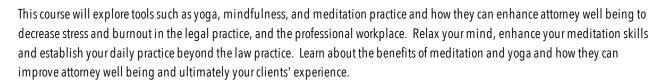
Yoga, Mindfulness, and Meditation in the City

June 21, 2019

Wild Heart Meditation Center - Nashville, Tennessee

Speaker: Joanna McCracken, *Piper McCracken, PLLC*

Total Credits: 4 Dual



9:00 a.m. - 9:30 a.m. Registration

9:30 a.m. - 10:30 a.m. Understanding the Fundamentals

DUAL In this session we will cover what mindfulness and meditation are, both in theory and in practice.

10:30 a.m. - 11:30 a.m. Off the Cushion

DUAL Attendees will learn how to apply meditation skills to the practice of law in order to improve attorney

well being and the overall client experience.

11:30 a.m. - 12:00 p.m.

Lunch (Provided)

12:00 p.m. - 1:00 p.m. Bending Over Backwards

DUAL What is yoga and how can it help my law practice?

Note: You do not need to be able to bend over backwards.

1:00 p.m. - 2:00 p.m. **One Day at a Time**

DUAL Establishing a daily practice to reap the benefits of meditation and yoga.

2:00 p.m. - 2:15 p.m.



Break

2:15 p.m. - 2:45 p.m. Yoga Session

No CLE Credit