

## AGENDA

# 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

This course will explore tools such as yoga, mindfulness, and meditation practice and how they can enhance attorney well being to decrease stress and burnout in the legal practice, and the professional workplace. Relax your mind, enhance your meditation skills and establish your daily practice beyond the law practice. Learn about the benefits of meditation and yoga and how they can improve attorney well being and ultimately your clients' experience.

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| 9:00 a.m. - 9:30 a.m. | <b>Registration</b> |
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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.

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| 11:30 a.m. - 12:00 p.m. |  | <b>Lunch (Provided)</b> |
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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.

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| 2:00 p.m. - 2:15 p.m. |  | <b>Break</b> |
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2:15 p.m. - 2:45 p.m. **Yoga Session**  
**No CLE Credit**