

# Yoga, Mindfulness and Meditation in the City

September 14, 2018

Against the Stream/Wild Heart Meditation– Nashville, Tenn.



**Total Credits:** 4 Dual

**Speaker:** Joanna McCracken

Relax your mind, enhance your meditation skills and establish your daily practice beyond the law practice. Learn the benefits of meditation and yoga and how they can improve attorney well-being and ultimately your client's experience.

9:00 a.m. – 9:30 a.m.



**Registration**

9:30 a.m. – 10:30 a.m.

**Understanding the Fundamentals**

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

10:30 a.m. – 11:35 a.m.

**Off the Cushion**

Applying meditation skills to the practice of law to improve attorney wellbeing and client experience.

11:35 a.m. – 12:30 p.m.



**Lunch**

12:30 p.m. – 1:30 p.m.

**Bending Over Backwards**

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

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

1:30 p.m. – 2:30 p.m.

**One Day at a Time**

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

2:30 p.m. – 3:00 p.m.

**Yoga Session (Non-CLE credit)**