

**MILS DEI Spring Rejuvenation Retreat:
Mindfulness, Movement and Nature for Lawyer Well-Being**

**June 2-5, 2022
Gray Bear Lodge**

RETREAT AGENDA

This Retreat honors recommendations from the Report of the American Bar Association National Task Force on Lawyer Well-Being by teaching practices and strategies to enhance wellness, heighten self-awareness and maximize personal effectiveness. The curriculum includes research and concepts from neuroscience, psychology, medicine, Qigong, and ancient yogic literature. The teaching strategies include experiential exercises, journaling, meditation and other application of the material for retention and understanding.

Thursday 2-4pm afternoon arrival

Free time (Sauna, Hike, etc)

6pm Dinner

7-8 pm Opening Circle/Circle Process for Problem Solving Courts and Mediators

Friday

7-8 am Qigong: Mindful Stress Resilience for the Legal Professional

8-9 am Breakfast

9:30-10:30 Yoga: Regenerating Energy, Vitality and Counteracting the Effects of Compassion Fatigue in Law Practice With Yoga

10:45-12:30 Circle Process Practice and Concepts of Mindful Communication for the Legal Workplace

1-2 pm Lunch

2:15-3:45 Skill Building Through Embodied Learning for Leadership & Teamwork for the Legal Professional

Free time (Massage, hot tub)

6 pm Dinner

Saturday

7-8 am Complementing the Lawyer's Determined Spirit with Qigong & Meditation

8-9 am Breakfast

9:45-10:45 am Yoga: Self-Compassion Skill Building: Fill Your Own Bucket First and Then Serve Others

11-12:30 pm Shifting Perception and Cultivating Self-Inquiry for Deepening Mindfulness Practice, Regulating Emotion and Improving Client Relations

1 pm Lunch

2-3:30 pm Waterfall hike

4-5 pm Neuroscience of Sound for Restoring the Stressed-Out Mind

6 pm Dinner

Sunday

7-8 am Open Awareness Meditation & Qigong

8-9 am Breakfast

10-10:30am Walking Meditation to Improve Cognitive Function and Clarity for the Legal Mind

11 am -12:30 Setting Boundaries for Time Management and Career Satisfaction

12:30 pm Closing circle

1:15 pm Lunch

2:00 pm Depart