

Hillsborough County Bar Association Presents:

Mindfulness 101: Body, Speech & Mind Practices for Law and Business Professionals



Saturday, January 16, 2010
9:00am-4:00pm (Registration at 8:30am)
6.0 CLE Credits*

Chester H. Ferguson Law Center - 1610 N. Tampa Street, Tampa, FL 33602

This is a Mindfulness training workshop utilizing two experienced instructors from one of the largest meditation training centers in the United States, the San Francisco Zen Center. Participants will learn yoga and mindfulness meditation techniques known to lower stress levels, decrease blood pressure and anxiety, and alleviate chronic pain. Additionally, lecture topics include:

From Movement to Stillness: Right Practice/Ethics

Right View
Right Livelihood
Right Effort
Breaking Negative Habits
Being Present – The Benefits of Meditation

Zen and Business

Accomplishing More by Doing Less
Stress Management
Business Ethics
Interpersonal Communications

Victoria Austin is a former President of the San Francisco Zen Center where she lives and teaches Zen meditation and Iyengar yoga. She has trained extensively in India and has been a yoga teacher for 25 years. She currently serves on the teacher-training faculty for the Iyengar Institute of San Francisco.

Marc Lesser has practiced and trained in Zen mindfulness meditation at San Francisco Zen Center where he lived for more than 10 years and served as director of SFZC'S *Tassajara Zen Mountain Center*. Mr. Lesser's book *Zen of Business Administration, How Zen Can Transform Your Work and Your Life* was published in 2005.

Register by visiting www.hillsbar.com or calling 813.221.7777

\$150 HCBA Members/ \$175 Non-Members/ \$75 HCBA Government Attorney, Student and Paralegal Members. Walk-Ins will be charged an additional fee.

(Yoga mats available/ Meals and Snacks provided)

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