

## Contemplative Practice for Lawyers: Zen, Yoga and Law Practice

with Susan B. Jordan and Mary Mocine

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Contemplative practices such as meditation and yoga help to bring awareness to our lives as lawyers. When we pay attention gently, without judgment, to our whole experience, we can respond from a grounded place. As lawyers, we live much in our minds, forgetting the teachings of our bodies and breath. We will explore meditation, yoga, and other contemplative practices that help us remain grounded in our actual experience. In discussions we will explore our work lives and what contemplative practices bring to them. There will be time for individual meetings with the leaders as well as plenty of time for enjoying Tassajara. Eight hours MCLE credit: two stress reduction, three law practice management, and three ethics.

**Susan B. Jordan** is a criminal defense lawyer who has been practicing yoga, Buddhist meditation, and law since 1970. She has been teaching yoga since 1997.

**Mary Mocine** is a Zen priest, ordained by Sojun Mel Weitsman in 1994. She practiced law for 18 years and now leads a dharma group for lawyers.