



Multnomah Bar Association

Tuesday, September 17, 2013 3:00 – 5:00 p.m.

World Trade Center Mezzanine Room, Building 2, 26 SW Salmon, Portland

Registration forms with payment must be received by the MBA office by September 16 or the "at the door" registration fee will apply.

This seminar will be worth two OSB MCLE credit. Two Washington MCLE credit can be obtained individually.

Registrants who miss the seminar may request the handout materials. Sorry, no refunds. Substitutions are welcome; non-members may be subject to an additional fee. Accommodations available for persons with disabilities; please call in advance for arrangements.

Meditation for Lawyers

Today, meditation and mindfulness training is no longer a suspicious, touchy-feely subject. The scientific and medical evidence for the benefits of mindfulness practice continues to mount. Across the country lawyers and judges are receiving mindfulness training to improve mental acuity and combat the stresses of a challenging profession. In 2008, the MBA was a pioneer in this effort, offering a successful, daylong program on mindfulness training for 140 lawyers and judges. Since then many lawyers have participated in weekly mindfulness practice and have learned to incorporate new mental skills into their law practice. Our speakers are Michael Dwyer of Dwyer Mediation Center and John Folawn of Folawn Alterman & Richardson LLP. A panel of lawyers will speak about their meditation practice and experience and the impact on their professional lives.

In this seminar, you will learn:

- What is Meditation?
• Why Meditation is helpful to Lawyers
• Basic Instruction on Meditation
• How to Integrate Meditation into Your Law Practice and Daily Life
• The Medical and Scientific Support for Meditation

For more information: Call Michael Dwyer, Dwyer Mediation Center at 503.241.9456. For registration questions, call the MBA at 503.222.3275.

Name
Firm
Billing Address

Register me for the seminar as indicated:

- MBA Member \$55.00
MBA Member at the door \$60.00
Non-MBA Member \$85.00
Non-MBA Member at the door \$90.00

Phone OSB #

Send form and payment to: Multnomah Bar Association 620 SW 5th Ave Ste 1220 Portland OR 97204 Fax 503.243.1881 (for credit cards only) Ph 503.222.3275

Payment Options:

- Check (enclosed) or
Visa MasterCard American Express

Acct #

Exp. Date Security Code

Signature