

Bringing Mindfulness Into Our Practices As Lawyers and Mediators

Workshop: Saturday, November 12, 2005 -- 9 AM to 12:30 PM

Location:

Nat'l Rural Electric Cooperative Assn
4301 Wilson Blvd., Arlington, VA 22203
(Ballston Metro stop on the Orange Line)

Mindfulness requires acute awareness of the present, clearing the extraneous from one's mind, and the skill to catch your mind wandering and bringing it back to the task at hand.

Association of Missouri Mediators
The Communicator, Vol. 5, No. 1

For more information contact Susan Green at sgreend@earthlink.net

Sponsors:

- Insight Meditation Community of Washington (www.imcw.org)
- Institute for Conflict Analysis and Resolution, George Mason University (www.gmu.edu/departments/icar)
- DC Chapter – Association for Conflict Resolution (www.meditate.com/dcacr)
- The Initiative on Mindfulness in Law and Dispute Resolution, University of Missouri – Columbia School of Law (www.law.missouri.edu/csdr/programs/mindfulness)

Registration on reverse

[M]editation has been described as a journey of discovery, taken with the eyes closed. As [a partner at a big corporate-law firm in Dallas] explains it, practitioners observe their breathing, thought patterns, and physical sensations during meditation and train themselves not to react negatively to life's inevitable stresses. Instead, they strive to respond "in a balanced way, without allowing events to whipsaw you...[B]ringing calmness and perspective to a bitter court battle gives...an edge over an emotional adversary. "You can't lie down and roll over...[y]ou've got to push back...But to do it without the agitation, without the suffering, with a balanced mind—that was probably the No. 1 thing that I saw happen to me in my law practice."

Fortune, July 9, 2001

Agenda

- 8:30 – 9:00 Registration / Coffee
- 9:00 – 9:15 Welcome & Introductions
- 9:15 – 10:30 Introduction to mindfulness meditation by Prof. Leonard Riskin,
C.A. Ledy Professor of Law, Center for the Study of Dispute Resolution
University of Missouri, Columbia School of Law; Prof. Charles Wiggins,
University of San Diego, School of Law.
- 10:30 – 10:45 Break
- 10:45 – 11:25 Guided insight meditation led by Tuan Pham
- 11:25 – 12:15 Panel Discussion led by Joyce Mitchell, Esq., (with L. Riskin,
C. Wiggins, T. Pham, and S. Green)
- 12:15 – 12:30 Closing

Registration instructions

Remove registration form below and return by November 1, 2005 to:

IMCW c/o Klia Bassing
 Re: Workshop Registration
 1770 Hobart St, NW
 Washington DC 20009

Please make checks payable to the: Insight Meditation Community of Washington
Payment must accompany registration

Please email me confirmation of my registration for the November 12 Workshop:
 Bringing Mindfulness Into Our Practices As Lawyers and Mediators

Name: _____

Address: _____

Telephone: _____

Email (required): _____

- Enclosed is my check in the amount of:
- [] \$75 General public
 - [] \$50 IMCW or ACR member
 - [] \$25 students