



## ***Cultivating Balance: A Mindfulness Retreat for Lawyers, Judges, Law Students, and Law Professionals in the Tradition of Thich Nhat Hanh***

**Blue Cliff Monastery, Pine Bush, New York**

**June 22 – 24, 2012**

Registration: <http://bluecliffmonastery.org/retreats/law-mindfulness-retreat>

While the practice of law can be rewarding, professionally and personally, and a source of inspiration and justice, it may also be a source of great stress. More than ever, lawyers face business development demands, are driven by time demands with escalating billable hours, are future-oriented, focused on goal setting, and are trained to be highly judgmental, thinking our way out of a problem to a solution. This weekend retreat, designed for lawyers, judges, law professionals and law students, is an opportunity to slow down, to experience and enjoy the deep connection that comes with awareness of the present moment. The retreat will include periods of silence, dharma talks by Lawyer Dharma Teachers, discussions, and an opportunity to present questions to help participants learn ways to integrate mindfulness into life, family, and work. We will engage in nourishing practices — sitting, walking, and eating meditation, deep relaxation; and mindful dialogue — to cultivate the non-judgmental mind and nourish our hearts.



**Dharma teacher Jack Lawlor** has practiced law in Chicago since 1976. He has worked for the Environmental Protection Agency, Cook County States Attorneys' office, and an international law firm. Jack began meditating in the mid-1970s as a student of Roshi Philip Kapleau. He was ordained by Thich Nhat Hanh as a Dharma Teacher in 1992 and assembled *Friends on the Path*, a book about community-based meditation practice. Jack has been married for 37 years, and has two children and three grandchildren. His spiritual community, Lakeside Buddha Sangha, just celebrated its 20th anniversary.



**Dharma teacher Leslie Rawls** has practiced law in North Carolina since 1983. A former civil and criminal trial attorney, she has focused solely on appeals since 1995 and is a board-certified specialist in Appellate Practice. She began studying Buddhism in the 1970s, but her practice did not come alive until she met Thich Nhat Hanh in the early 1990s. She was ordained into the Order of Interbeing in 1995 and received Lamp Transmission as a Dharma Teacher in 2009.

**Valerie Brown** is a lawyer, registered independent lobbyist, mediator, and certified executive coach. She has studied with Thich Nhat Hanh since 1995 and was ordained in the Order of Interbeing in 2003. She studied mindfulness-based stress reduction at the University of Massachusetts Medical Center, Center for Mindfulness in Medicine, Healthcare and Society; is a founding member of Old Path Sangha in New Hope, PA; and has helped organize People of Color Retreats throughout the US. Her essay on relationships was featured in *Together We Are One: Honoring Our Diversity, Celebrating Our Connection* by Thich Nhat Hanh.



**Dharma teacher Jeanne Anselmo** was ordained in 1995 in the Order of Interbeing and as a Dharma teacher by Thich Nhat Hanh in 2011. A Senior Fellow in Applied Psychophysiology and Biofeedback and Certified Holistic Nurse, Jeanne is a founding member of the Green Island Sangha, and in 2001, co-founded the Contemplative Urban Law Program at the City University of New York School of Law, where she currently co-teaches a one credit contemplative law course: LAW: Love in Action with Wisdom.

