



“Mindfulness-Based Stress Reduction & Meditation for Lawyers”

Description:

Lawyers have many more stressors than most people and can be overwhelmed with thoughts of real potential problems. This is a series of four Friday noon-hour classes where lawyers can learn all about mindfulness-based stress reduction (MBSR) and meditation methods. These techniques have numerous evidence based benefits. These include improved physical, emotional and mental well-being; improved concentration, clarity and focus. You will learn simple, practical meditation methods as well as cognitive strategies through the use of experiential exercises.

This class is facilitated by Susan Burak, J.D., M.A., R.C.C., who has been a practising lawyer for over twenty years and has extensive training in MBSR Techniques.

Format: When: Fridays September 15th, 22nd, 29th, and October 6th, 2017

Where: Boardroom, 415 – 1080 Mainland St., Vancouver, B.C.

Time: 12:15 noon – 1:30 p.m.

Cost: \$75.00 inclusive of \$3.57 GST

Registration: email us your completed form at info@lapbc.com send by fax to 604-685-2179, or mail with your cheque payable to the Lawyers Assistance Program of B.C. to the LAP office at #415-1080 Mainland Street, Vancouver, B.C., V6B 2T4

Fax or mail in this form with payment

Name: _____

Address: _____

Phone: _____ Email: _____

Cheque Amount: \$75.00 (incl. \$3.57 GST) (Please note Cheque Payable to “Lawyers Assistance Program”)