

MINDFULNESS IN LAW PROGRAM

MINDFULNESS PRACTICE FOR THE LEGAL COMMUNITY DURING COVID-19

*Free Online Four-Part Series from University of Miami Mindfulness in Law Program
for Law Students and Faculty, Practitioners, Judges, and Others in Law*

When? Fridays at 12:30 pm EDT. March 27, April 3, April 10, and April 17.

Where? Online! Simply register and get access to the webinar room by clicking on the hyperlinks below each session. Registration solely requires a name and valid email address.

How much? Free.

Session 1 (March 27th, 12:30 pm EDT):

Introduction to Mindfulness Techniques – Instruction, Guided Meditation, and Benefits

bit.ly/2QDNV4P

Session 2 (April 3rd, 12:30 pm EDT):

Lovingkindness (Metta) Meditation – Connecting in a Time of “Social Distancing”

bit.ly/2UeI0W6

Session 3 (April 10th, 12:30 pm EDT):

Body Scan – Relaxing with the Breath and Awareness of the Body, Suggestions for Daily Practice

bit.ly/33HGJd4

Session 4 (April 17th, 12:30 pm EDT):

Mindful Movement – Practice at Home and Outdoors, Learn the SoBe Mindful Movement Practice

bit.ly/3akjjgr

These sessions are open to all law students and legal professionals and each session will open with comments connecting the exercise to practical daily concerns, and close with tips for enjoying short practices during the day. No prior experience needed. Sessions will be hosted by Dean Tony Varona and practices will be led by Professor Scott Rogers. We look forward to joining together at this challenging time to connect with and support each other.