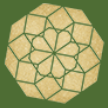




Spring Wellness Retreat

March 5-8, 2020
Gray Bear Lodge



**MINDFULNESS
IN LAW SOCIETY**

This retreat combines relaxation, rejuvenation, and professional continuing education at a beautiful, simple and nurturing retreat center in middle Tennessee. Connect with nature and learn time-honored techniques to reawaken your inner vitality.

Approved in TN for 12.5 hours dual credit CLE for lawyers; approval pending for continuing education for doctors and CPAs.

All-inclusive price covers:

- Educational program tuition
- 12.5 hours CLE
- Lodging for 3 nights
- 3 organic vegetarian meals daily
- Yoga & meditation daily
- 400 acres of pristine forest
- *Massage available daily for additional charge

Nestled in the foothills of Tennessee, Gray Bear Lodge is known for its simplicity and natural beauty. Featuring hiking trails and waterfalls, spring-fed hot tub, wood-fired sauna and gourmet vegetarian cuisine, Gray Bear has been a source of vibrant health for 26 years. It is a scenic 2-hour drive from Nashville and 3 hours from Memphis. See more at: <http://graybear.org>

At the retreat, learn the following:

- Practical mindfulness practices to reduce stress and improve effectiveness
- Working from your strengths and values for greater professional fulfillment
- Yoga, meditation, and living in tune with the cycles of nature
- Skills for implementing new habits that enhance mind-body vitality

Retreat Facilitators:

Judge Steve Hornsby (Ret.) JD, CLC **Cindy Pensoneau, JD, YTT** Experienced facilitators and trainers, Cindy and Steve regularly lead events focused on professional development and personal effectiveness in legal, corporate and nature settings.

\$750 for MILS & MBA members

\$200 deposit paid through the website below or by check payable to MILS mailed to 2148 Monroe Avenue, Memphis, TN 38104

Law & medical students invited at special rates. Limited scholarships available upon request.

For more details about the event & to register, please visit:
<https://mindfulnessinlawsociety.com/mils-2020-spring-lawyer-retreat/>