Spring Wellness Retreat
March 5-8, 2020
Gray Bear Lodge

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.

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/